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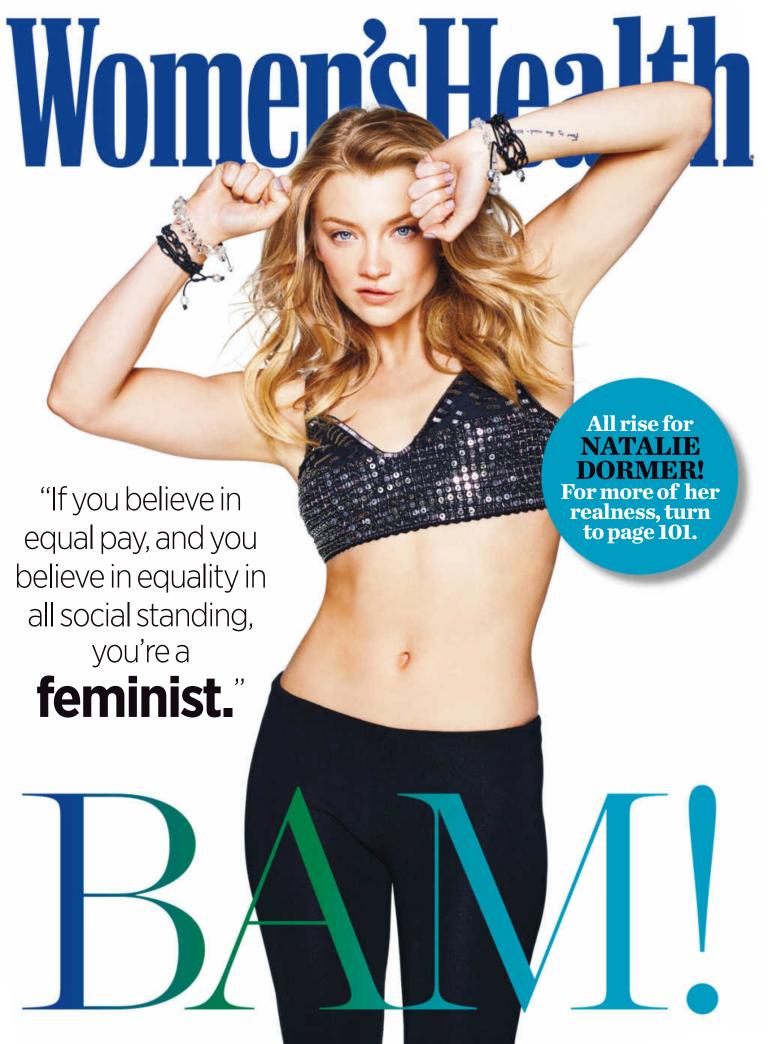
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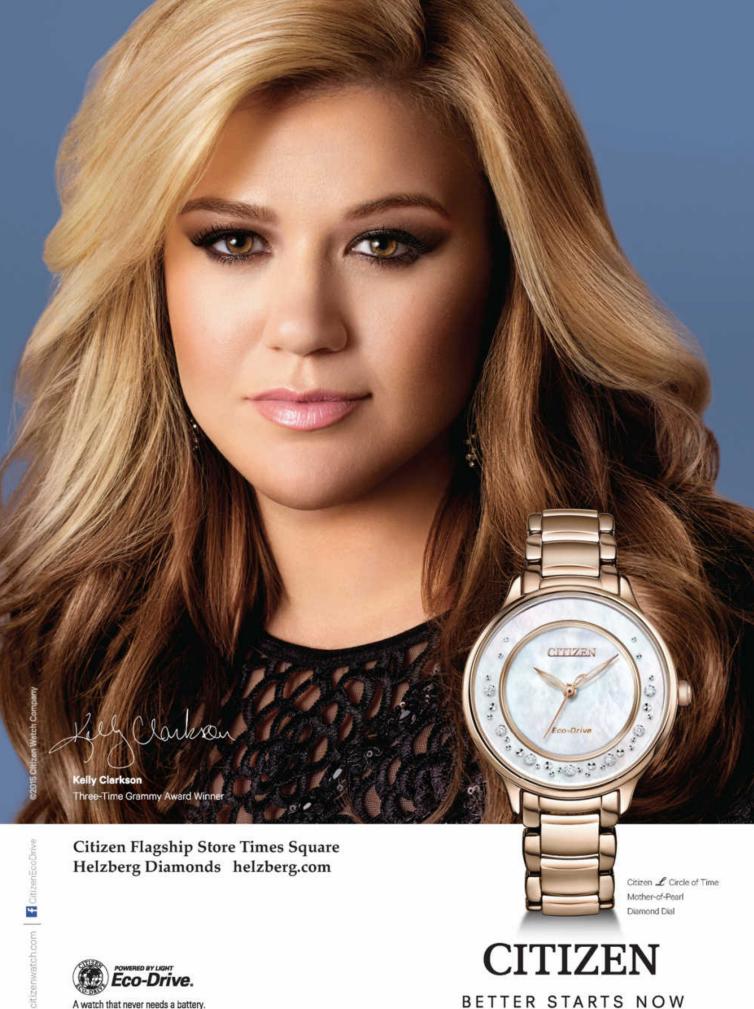
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On Our Cover Natalie Dormer photographed by Eric Ray Davidson. Fashion editor: Jacqueline Azria. Hair: Mark Townsend for Dove  $Hair\ Care/Starworks\ Artists.\ Makeup:\ Matthew\ Van Leeuwen/The\ Wall\ Group.\ Manicure:\ Nettie\ Davis.\ For\ Natalie's\ look,\ try\ Dior\ 5\ Couleurs\ Eyeshadow$ Palette in Montaigne, Diorshow Pro Liner in Purple, Diorshow Mascara in Pro Brown, Diorblush in Lucky Pink, and Dior Addict Lipstick in Dream. Nanette Lepore top, Express skirt, Brooke Corson necklace, Jennie Kwon Designs cuff, Carmen Diaz Jewelry cuff, Ron Hami ring.











#### **FITNESS**

#### **15-MINUTE WORKOUT**

Everyone on your last nerve? Step away from your mother-in-law and onto the yoga mat.

#### **HEALTH**

# YOUR BODY ON... HOLIDAY CLICHÉS

The whole fam, by the fire, sipping mugs of cocoa and listening to carols: yeah, good for your health.

#### **FOOD**

#### **ONE-BOWL WONDERS**

When you simply can't with another spoonful of soup, whip up these nutrient-dense, customizable ancient-grain concoctions.

#### 14()

#### WHERE'S THE BEEF?

Vegetarian diets have long been hailed for their body benefits, but new research reveals a potential mental-health downside. WH investigates.

#### **WEIGHT LOSS**

#### YOU LOSE, YOU WIN

Strategic snacking and kettlebell workouts helped this reader shed 65 poundsand start training others!

#### **LOVE & SEX** $\Pi()$

#### THE SCARIEST CATCH

We want you to have a healthy sex life-in every way. This updated guide to STIs is essential reading.

#### 5 JUICY **QUESTIONS FOR...**

Victor Frankenstein's boyishly handsome James McAvoy

**HOW ABOUT** SOME 24K GOLD...FOR YOUR LIPS? P. 30

#### LIFE 108 OVERCOME OBSTACLES

So things suck? School of Greatness podcaster Lewis Howes drops some real talk on you. Real talk he's followed himself...all the way to a baller career and happy soul.

#### PUBLIC DISPLAYS OF AFFECTION

Show your love—then watch your friends show everyone on Instagramwith our rockin' gift guide.



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CLOCKWISE FROM TOP RIGHT: DANNY KIM;

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From health to sex to fitness and more, the juiciest news, most essential stats, and wow-'em convo starters this month

96 BUY 5, DROP 5

Eat your way to a smaller size. 156 YOU: THE INSTANT

EXPERT...on a home bar



# Live healthier and achieve more.

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# IF IT DIDN'T HAPPEN ON INSTAGRAM...

The end of the year has always been a time of reflection—and with social media, it's a literal one: You get to scroll through your memories. Now, we all know that our online feeds typically represent the fun, glamorous moments of our lives—not the nights we sit on the couch in sweats. So let's get real: I spent my fair share of 2015 watching TV. #Sorrynotsorry but I love TV! Though studies would likely refute this, I find it calms me—even when I'm watching something intense, like Game of Thrones. (Holla, Natalie Dormer! Read

about the woman behind Queen Margaery on page 101.) Boob-tubing it has become quite the social experience: Whether GoT or the Oscars is on, I'm tweeting back and forth with dozens of viewers just like me. In 2016, I'd love for you to be one of them! Tweet me. Instagram me. Tell me what's on your mind. Or just tell me about your latest TV obsession.

#### A quick trip down my 2015 memory lane—a.k.a. Instagram:



ᄎ WH international conference in Amsterdam. On a break, I checked out the supercool home store Hôtel Droog. This chair is made of shirts!



🙈 In the tub with a colleague, as you do. That's Jim Oseland, the EIC of Rodale's Organic Life mag (ROL and WH are both published by Rodale). He's a kindred spirit.



Ame and my biz-partnerin-crime, WH's amazing publisher, Laura Frerer-Schmidt, on the red carpet for our May cover star Cobie Smulders's movie Results





The picket-fence dream. reimagined: at Storm King Art Center with my husband and sons.



This year I moved from the hippest neighborhood in Brooklyn to the 'burbs. Yep. It has its perks: riding the train home with Molly Nover-Baker, WH's beauty director,







#### ME! ON TV!

I was jazzed to be a guest judge on the finale of Jillian Michaels's competition show Sweat Inc. So fun! Here, I go all Judge Amy on four of the show's contestants who appear throughout the season.



Tommy Saunders: Great hair, great abs, great balls. Um, hello, gutter minds, I mean his OmniBalls, obvi! The former football player's inventionsmall silver balls you

strap to your hands—can be used on the floor for more advanced core work, or in place of dumbbells. I smell a QVC hit.



Cowboy Ryan Ehmann: Certified as both a rodeo cowboy and personal trainer, this guy and his megawatt charisma are one of a kind. Would I try

the workout? Totally. But I'm not so convinced I'd trade in weights or dance cardio to regularly ride a balance ball like a bull.



SaTek Ananda: Points for authenticity right here! SaTek's class is called BodyJuggling, and wouldn't you know it, he comes from a family of circus performers. His

mix of acrobatics, yoga, and tai chi sounds right on for flexibility and balance. Still, I'm scared. Mama's not



Jav Dantzler: Yes. women like football too. So I appreciate JayD's GridIron Power concept-traditional football training (speed and agility drills, resistance

bands, ropes) as a high-intensity interval workout. The former NY Sharks cornerback has you training hard. Really hard. Too hard? Gulp. When's off-season?

Tune in! Sweat Inc. airs on Tuesdays at 10 p.m. ET/PT only on Spike TV.



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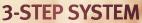
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Naturally Beautiful Results"





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How do you treat yourself after you've achieved a goal?

THE WORK

WHIZ

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neighborhood called

only \$1 per minute, and

they are phenomenal.

It quarantees I

stop moving for

an hour!'

Chinese Taichi Center-

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"I prepare a special meal for

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meditation to me, and when

I get lost in the process, it

gives me time to reflect on

what I've achieved and, at the

same time, do something

for the people who mean

the most to me?

THE YOGA

**GURU** 

"After a happy

dance, I go out with

my amazing friends

and family, and we

have a celebratory

champagne

toast!

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#### DO #INSTAGOOD

Interwebs, here's your chance to pay it forward! Using the hashtag #WHHolidaySpirit on Instagram and Twitter, send us your gift suggestions for kids and teens in need. We'll purchase as many picks as we can and deliver them to a city shelter with a card signed from the readers of Women's Health.

# Open for Fitness!

Party over here, party over there, peeps falling off the workout wagon everywhere! Sweat with us all month long as we reveal a new exercise every day in December-Advent calendar-style-



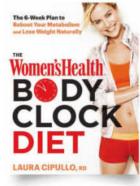
**BEHIND THE SCENES** 

The two yummy, healthy fridge staples that make her a "happy girl." Watch her video now at WomensHealth Mag.com/NatDormer.



#### You Will Burn Cals...in Bed

Fortune cookie wisdom always sounds better with those two words tacked to the end. Find the best sex positions to work your butt, legs, tummy, and more—in GIF form!—only at WomensHealthMag.com.



#### OUTSMART YOUR CRAVINGS

Step away from the stale brownie! Hormones may be behind your sudden strong cravings, and in our new book, *The* Women's Health Body Clock Diet

(\$25, available December 22 wherever books are sold), we serve up meal-timing tips that'll put you in charge of your bod.



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SORE THROAT, ACHING,

STUFFY HEAD, FEVER,

CHEST CONGESTION, STUFFY HEAD,
NO SICK DAYS, BEST SLEEP WITH A COLD,

MEDICINE. MEDICINE.

What's in Ellie Goulding's Workout Bag?

The British songstress is country hopping to promote her new album. Delirium (which dropped in November), so outdoor runs and personal training sessions are very necessary. "Working out always helps with jet lag," she says.

Street Style:

**Fitness Edition** 

**ANGILIQUE** 

**CAMPBELL** 

New York City

"My style is very

never wear sweat

pants or baggy gym

clothes outside," says

Angilique, who mixes up her workouts with everything from yoga

bodysuit like Angilique's

(Bianca Noir Full Length

Bodysuit, \$145, splits59

feminine, and I

to gymnastics.

Copy this look by

.com) under your fave tank, shorts, and

leggings, and get

deets on the rest

layering a black

Pilates instructor in

Find out about Ellie's other exercise must-haves (and carry them in a stylin' gym bag like the FormFlux from her fave fitness brand. Nike; \$175, nike.com) at WomensHealth Mag.com/Celeb WorkoutBag.



Clipper Pure Green Tea <mark>'Before a worko</mark>ut, it gives me extra energy and kick-starts my metabolism." \$12, torafoods.com



Kritichin



**Jurlique** Lavender Hydrating Mist "It helps me sleep on planes but also freshens me post-workout." \$35, jurlique.com





M.A.C Plushglass in **Fulfilled** 

<mark>It has glitter in it,</mark> so it makes me feel more alive after a workout." \$20 maccosmetics.com



#### WHStrona

Readers, you're friggin' all-stars! Keep posting those food and fitness triumphs by tagging your tweets and Instagrams #WHStrong.



 $"TRX \, handstands \, all$ before 8am... #getitdone #WHStrong" -@brownlindseu



"When life gets steep & scary, take a breath & look up to see the beauty surrounding you then keep on climbing. #WHStrong" -@amyjanedavid



"Have your bread and eat it too. #moderation #WHStrong" -@pensive\_foodie

of her outfit at WomensHealthMag .com/StreetStyle. Even better: Post YOUR killer sweat-readv

style on Instagram using the hashtag #WHStreetStvle and you could be featured here!

C'mon, get social with us!









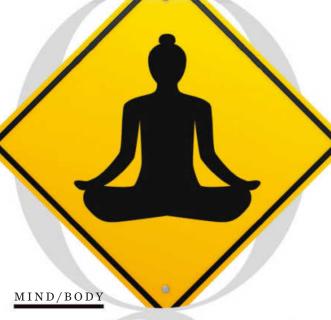


@WomensHealthMag



# Askanyth





# I haven't driven in years! How can I feel confident behind the wheel again?

Never drive on an empty stomach. It's distracting, especially when you're trying to merge onto the highway! To boost your

mood, rub some uplifting lemon oil on your chest. Tell yourself, "I can do this. I'm calm and ready."

It might seem hokey, but it will put you in the proper mindset. The hard but crucial step: frequent practice. The more you drive, the better your skills-which will reinforce the idea that you have the chops to stay in control.



Vicky Vlachonis, M.Sc., OST, osteopath, pain expert, and author of The Body Doesn't Lie; @vickyvlachonis



Sheeva Talebian, M.D., reproductive endocrinologist and fertility specialist at Reproductive Medicine Associates of New York

#### FERTILITY

#### How often should vou be having sex if you're trying to conceive?

Aim for every day or every other day during your "fertile window," which is the six days prior to ovulation. Data suggests that daily

intercourse may offer a slight advantage (statistically speaking, more sex means more chances for sperm to fertilize an egg). You may have heard that having sex every day could lower your partner's sperm count, but that's actually a myth. Men with normal semen concentration and movement maintain both, even with daily ejaculation.

But perhaps the most important thing to note: Sex should never become a chore, nor should it be dictated solely by an ovulationpredictor kit. Stress can actually make it harder to get pregnant, so if every other day feels more manageable. stick with that.



I GET A REALLY STUBBORN ZIT ON MY CHIN EVERY DAMN MONTH. WILL A CORTISONE SHOT STOP IT FROM POPPIN Yes, if it's truly a zit and not a recurring cyst—the latter won't respond to a steroid-based treatment. Either way,





My brother told me I haven't been able to find the right guy because I'm not "putting myself out there enough." I hate that reason...but could he be right?

#### GND: Check your form.

You know why I don't score any three-pointers when I play basketball? Because I never shoot from behind the three-point line. If you can't recall the last time you took a chance with a new guy, then your bro is probably right. Of course, if you feel like you're already doing everything you can to meet the man of your dreams, then perhaps your dating moves have the same problem as my jump shot no follow-through. You might inadvertently be putting out a "don't talk to me" vibe. Remember to give a genuine smile. Make eye contact. Uncross your arms. Let guys know that you're friendly and approachable, and with time, you'll find the one you're looking for.

#### GDTH: It's all in the details.

Ugh, "putting yourself out there"—people throw that cliché around like confetti. and it's infuriatingly vague. If your brother is going to harp on you, he needs to pony up some particulars and explain what he means. Does he think that you should get on those dating apps that you refuse to join? Plan more nights out with your other single friends and chat up a auv who's sitting solo at the bar? Stop coming home from work and going straight to bed every night? Pick up a new hobby? See, now you're getting some helpful feedback! And since it's coming from a guy who loves you and wants you to be happy, it's worth considering.

#### **THE CONSENSUS**

Ask your brother to give concrete examples of what he thinks your game is missing. Then take a hard look at your dating MO—and be honest with yourself!

call me, 867-5309

SOMETIMES YOU GOTTA BE DIRECT.



**ANTHROPOLOGIE** .COM

> Jacqueline Azria, stylist and creative director of Women's Health

IF A COLLEAGUE FOLLOWS YOU ON INSTAGRAM BUT HIS OR HER ACCOUNT IS PRIVATE, IS IT OKAY TO FOLLOW BACK? When he or she follows you first, it's an implied invite for you to do the same. Just take it easy: Too many likes seems bizarrely overinvolved.



# Askanything

NUTRITION

I use a calorie-tracking app, but I cook a lot, so there's quite a bit of guesswork in my entries. How can I be more accurate?

These apps are definitely not perfect, especially if you're relying on crowdsourced entries or just eyeballing a single serving of a packaged food. The best way to increase your accuracy is to measure out your ingredients and add in all the foods individually, but that's pretty tedious

and hardly realistic on a daily basis.

Tracking apps should really be used as a frame of reference. Even if the numbers are guesstimates, they can help you stay accountable for your habits. Or do as I advise my clients to do: Track portions, not calories. It's a better way to see your behavior patterns.



of NutritiousLife.com and author of The New You (and Improved!) Diet



Tune in to The Doctors weekdays for more health and relationship advice. For listings, go to thedoctorstv.com.

#### I really want to be able to orgasm at the same time as my guy. Too much to ask?

No, but when we look at sexual response cycles, we know it often takes a woman longer than a man to orgasm-so if he's the type to wait until he's almost ready to pop to slip it in, you're probably not even close. What you want to do is work with your partner so that penetration starts when you're already aroused, closer to your O-time. The best way to make that happen? Communicate. In the moment, suggest he get you most of the way there with manual or oral foreplay, then tell him when you're ready and want him inside you.



Rachael L. Ross, M.D., Ph.D., board-certified sexologist and cohost of The Doctors



#### What's the best way to call in fake-sick to work? Asking for a friend.

Full disclosure: Most of my tricks come from Ferris Bueller's Day Off. First, choose your day wisely. A random Tuesday in February is way more believable than a Friday in July. Second, e-mail, don't call-a digital missive says that you're simply too sick to pick up the phone. Third, don't over-apologize! If you really were deathly ill, would you be sooo sorry? Hell, no. Fourth, for crying out loud, do not tweet or Snapchat that you're binge-watching Real Housewives. One post about NeNe's heinous weave and your cover is ba-lown.



Jessica St. Clair is the costar and cocreator and a writer on USA Network's Playing House

POSSIBLE TO CALM A SUDDEN THROAT TICKLE IF YOU'RE IN PUBLIC AND THERE'S NO COUGH DROP IN SIGHT? Breathe only through your nose, waiting eight seconds between breaths, until the coughing is calmed.



Tastes like a treat. Cleans like a toothbrush.

Unique twist design



Helps fight tartar build-up and bad breath



\*When fed daily, Milk-Bone Brushing Chews® are as effective as brushing a dog's teeth twice a week based on the reduction of tartar build-up.

Askanything

#### FITNESS

#### I finally got a trainer, but I'm not sure we see eve to eve, and I've yet to notice results. Do I stick around?

If you're working with an accredited trainer on a weekly basis and it's someone you've been referred to by a friend or your gym, give it four to six weeks. The first month is really about forming a bond and making sure your personalities jive. A few red flags to watch for in that time frame: Is she going beyond the standard "Here's how you use this machine" instructions? Is she listening to your concerns and modifying exercises based on your performance? If the answer to all is yes and you're following all her recs, stay the course. If it's a no, move on.



Rachel Cosgrove, C.S.C.S., owner of Results Fitness in Santa Clarita, California, and author of Drop Two Sizes

Farnoosh Torabi, personal finance expert for NerdWallet.com and creator of SoMoneyPodcast.com

#### MONEY

#### How do I know if I can afford to have a pet?

It's the monthly costs that get people into trouble. Basic care for a dog or cat runs an average \$500 to \$600 per year, more in major cities or if your furry friend is illness-prone, according to the American Pet Products Association. That includes routine vet visits, food, and grooming. You also may want to think about getting pet insurance for medical emergencies. While the price will depend on your animal's breed, age, and location, average accident and illness plans run about \$36 per month. To make it more affordable, ask if your employer subsidizes the cost; some do as a corporate benefit (sweet, right?).

WE'RE SERIOUS: ASK US ANYTHING! Send your questions to askanything@rodale.com or tweet them to @womenshealthmag with the hashtag

#### The Celebrity Shrink Is In!

**KATHARINE McPHEE** may not be a mind reader IRL, but her character on CBS's Scorpion is so scarv-intuitive. she's picked up some skills. Here, she

I have trouble bonding with my peers at the office. What's the best way to break the ice?

It's so easy to tell yourself stories in your own head about how people perceive you and whether they like you or not. But here's the thing: I've found that if I just turn that voice off and realize it's my own insecurities talking. connecting with people can be different. Simply going up to them and being interested in their life is the best way to break the ice. And if they act coldly or they're nonresponsive, then you can just go,

"Oh, okay, that's their stuff—not mine."



HOW CAN I SALVAGE JEANS THAT HAVE FRAYED AT THE INNER THIGH? Have a tailor reweave the hole from the inside and pull in loose threads

# Now, cleaning your dog's teeth is a treat for you both







#### **Natural and organic**

tampon brands are blossoming into stores. Will they make for a happier hoo-ha? Well, there's no evidence that artificial fibers in conventional period products are harmful to your privates, says Ashlesha Patel, M.D., a gynecology professor at Northwestern University. Still, the eco options should absorb just as well and bring other silver linings to your crimson wave.

#### THE HONEST COMPANY **ORGANIC COTTON TAMPONS**

Jessica Alba's new line of feminine care products (which also includes pads and liners) has eco-friendly wrapping that produces less pollution. Plus: The cotton is sourced from a textile company that requires fair hours and wages for its workers. From \$6 per box, honest.com

#### **CONSCIOUS PERIOD ORGANIC TAMPONS**

Your time of the month may suck a little less knowing that, for every box you buy of these environmentally responsible tamps, a homeless woman will receive a pack of pads. \$8, consciousperiod.com

#### **LOLA NATURAL COTTON TAMPONS**

This nationwide subscription service delivers 100 percent cotton tampons in sleek white containers made of recycled paper. You can customize your mix of light, regular, and super stoppers, and pause or cancel your membership at will. \$10, mylola.com

beaut

WEIRD STUFF THAT WORKS

## **Shadow Primer** on Pimples

Got a zit that won't quit...even under makeup? Dab eye-shadow primer onto the little bugger before you apply concealer—it mattifies, tames redness, and makes your makeup adhere better. For all-day results, we like Benefit Cosmetics Air Patrol BB Cream Eyelid Primer (\$29, benefitcosmetics.com).

#### **WORTH IT?**

#### Nail Masks

This new category of glycerin- and paraffinsoaked finger mitts claims to replenish dry, cracked tips and cuticles. But so does cuticle oil...at roughly the same cost for an entire bottle versus a one-use set of 10 mitts! Splurge if you're a gelmani addict who hates the feel of heavy ointment (which frequently gelled nails likely need). Because the mask cloths are occlusive, they help the moisturizing ingredients penetrate more deeply, says Ella Toombs, M.D., a Washington, D.C., dermatologist.

Don't pat yourself on the back too hard for letting your hair air-dry. An Annals of *Dermatology* study found that sitting water can swell strands and put pressure on their outer cuticles, leaving you with dullerlooking locks. The fix: Sop up dripping hair with a microfiber towel (like DevaCurl DevaTowel. \$12. devacurl.com), and spritz (all over) with a water-wicking mist, such as L'Oréal Paris Advanced Hairstvle Blow Dry It Quick Dry Primer Spray (\$5, lorealparisusa.com). Only then, bust out the blow-dryer, keeping the nozzle six inches away to lessen direct

#### FLAMING LIPS



At Prada's spring 2016 fashion show, makeup artist Pat McGrath painted models' lips solid gold—and in true beauty-editor fashion, we freaked out! So dramatic! So inspired! So amazingly fresh with a bare face! But also—we get it—pretty cray. Off the runway, pick your Midas touch here.

#### SUBTLE

Swipe a clear, goldflecked gloss—we like Dolce & Gabbana Sheer Shine Gloss in Gold (\$32, saks .com)—over a deephued lipstick (like classic red) so glitzy specks stand out.

#### BOLDER

Bump up your ore commitment by slicking two layers of a slightly sheer metallic lipstick onto bare lips. Try CoverGirl Star Wars Lipstick in Gold (\$7, covergirl com)

#### BALLSY

heat, says Toronto

dermatologist Jeff

Donovan, M.D.

For strong gilding, mix the saturated M.A.C Pigment Powder in Old Gold (\$22, maccosmetics .com) with lip balm and apply with a lip brush.

YULIA GORBACHENKO/THELICENSINGPROJECT.COM (WOMAN); DANNY KIM (MAKEL PROP STYLING: SARAH GUIDO/HALLEY RESOURCES; IMAXTREE (MODEL)



# food



Burnin'

Love

Getting sauced at a

wedding? Cliché.

Giving sauce at

your wedding?

Fresh move. Hot

sauce sales in the U.S. have spiked

150 percent since

**2000**, and the

trend of

personalized

condiments as

wedding favors has also jumped, says Anja Winikka, site director at TheKnot.com.

(Who needs

another candle,

anyway?) Just slap

a custom label onto

your favorite

bottle, secure a tag

with your

signature salsa or

**Bloody Mary** 

recipe, and give

one to each guest

to take home.

And ponder this: You've probably bought organic produce. But do youand should you—shell out \$\$\$ for pesticide-free stuff in the frozen aisle? Three cases where it makes sense:

#### MEATY FROZEN DINNERS

Just as with its refrigerated sibling, organic meat is the safer buy, since it isn't produced with antibiotics that can create drug-resistant "superbug" strains of bacteria known to infect humans, says organicindustry consultant Charles Benbrook, Ph.D.



#### FROZEN PIZZA

A recent study showed that organic milk products contain much higher levels of omega-3 fatty acids than their conventional competition. And cows that feed on non-corn foods (like grass) produce dairy with more healthy fats, explains Benbrook.



Nonorganic sweets can pack genetically modified ingredients, like soybeans and sugar beets. It's unclear whether GMOs are bad news, says Ashley Koff, R.D., but safe trumps sick!

Remember when you thought you'd have time to make five dozen from-scratch cookies for coworkers? Adorable, But no need to reach for that tube of questionable dough, either. These boxed mixes are made with a few dry (and 100 percent real) ingredients. Just add the wet goods and a few personal touches, and off to the office you go.

#### 1 / PURELY ELIZABETH OATMEAL CHERRY CHOCOL ATE CHIP COOKI

MIX Fiber-rich millet flour and chia seeds mean these vegan babies are as filling as they are freaking good. So freaking good, in fact, that some of the dough might never hit the oven. NBD: No eggs, no risk. \$8, purelvelizabeth.com

#### -1 - 1 - 1 NU AMONG FRIENDS SHANE'S SWEET-N-SPICY MOLASSES GINGER COOKIE MIX Oat flour,

spices, and a handful of other nutritious goodies make this treat whole-grain, gluten-free, and mmmdelish. \$6, at Target, Kroger, and amongfriendsbakingmixes.com

#### SIMPLE MILLS CHOCOLATE

COOKIE MIX A blend of almond flour and coconut flour replaces the usual white stuff for that classic chewiness, minus the carb crash. \$8, at The Fresh Market Wegmans and simplemills com



#### You So Fancy

The right accessories take your LBD from plain to party-ready. Same goes for these appetizers.

#### > WHOLE-WHEAT CRACKERS

First thought: Line them on a serving tray.

Think again: Brush both sides of the crackers with melted butter, sprinkle with sage, and bake for 10 minutes at 200°F. Boom! Herbaceous upgrade.

#### > A JAR OF GREEN OLIVES

First thought: Toothpicks, plate, done.

Think again: Add to a baking dish with some white wine, peeled garlic cloves, rosemary, and cubed goat cheese. Roast at 400°F for 15 to 20 minutes for a yummy, aromatic app.

#### > A CRAP-TON OF CANDY CANES

First thought: Pile them in a tin for the taking. Think again: Unwrap and throw them in a food processor, pulsing them into a powder. Serve up some hot cocoa with the peppermint dust as a minty garnish.

Source: Adrianna Adarme, author of the new book The Year of Cozy: 125 Recipes, Crafts, and Other Homemade Adventures (\$25, amazon.com). The Year of Cozy is published by Rodale Inc., publisher of Women's Health.

FRICKSON PHOTOGRAPHY/GETTY IMAGES (HOT DANNY KIM (COOKIE, TOPPER). FOOD STYLING:



# Heart-smart.

#### **49 PISTACHIOS**

- · 160 calories
- · 6 grams protein
- · 3 grams fiber



# Dumb-dumb.

#### 13 FLAVORED TORTILLA CHIPS

- · 160 calories
- · 2 grams protein
- ·1 gram fiber

You don't have to go to Harvard to figure out a fistful of pistachios is more satisfying than a few measly flavored tortilla chips. It did, however, take a recent Harvard study to suggest eating nuts seven times a week or more is as healthy as it is smart. Pistachios are naturally cholesterol and trans fat free, a good source of protein and fiber, and heart-friendly. So get crackin'. And get snackin' with smarts.







they're still selling like crazy, raking in about \$1 billion (yes, with a b!) annually. And as you can see, the covers reinvent themselves as frequently as Madonna.

#### 1980s

Back in the day, long-haired men with chiseled pecks seduced us from the shelf. "That look speaks of a primitive masculinity—he's a quintessential provider who could attack enemies and kill wild animals for dinner," says biological anthropologist Helen Fisher, Ph.D. Yes, you strapping stud, please rescue me from this cheesy Wham! music!

#### 1990s and 2000s

Off with such arrogance—and his head! Women's increasing equality meant we just wanted to ogle dudes' faceless bods. "The naked man-chest covers celebrated female desire and made readers want to discover the emotionally vulnerable man beneath that exterior," says Katharine Dubois, Ph.D., a Duke University history professor.

#### Today

You'll still see some beheaded hotties in the iBooks store, but "object covers," depicting items like cuff links or a necktie, and scenery covers are also enticing readers. "By packaging them differently from typical romance novels, these titles can reach an even broader audience," says Dubois.

#### Feast for the Senses

Odd but true: New research suggests that women pick up on men's flirtatious signals better on a full stomach, since it frees up your brain's pleasure centers to focus on effing rather than food. But c'mon, who really wants to bone after polishing off a rib eye? Time for these food-coma-friendly sex positions:

#### SCISSORS

For maximum pleasure with minimal effort, lie on vour back perpendicular to your guy (who should be facing you, lying on his side). Drape your legs over his waist so he can straddle vour bottom lea as he thrusts.

The coital classic removes belly pressure by keeping you on all fours. Or, to really get all Lazy Susan, try lying facedown on the bed while he enters you from behind

**DOGGY STYLE** 

Source: Sexual medicine specialist Serena McKenzie, N.D.

#### Feelin' Myself

Mind over masturbation, ladies. A new study found that the more positive a woman's subconscious thoughts are about sex, the more she wants to diddle her little. On that note, how about some inspiration for vour next solo sesh?

#### Think of it as free pampering.

"Pour a glass of wine, put on your favorite music, and luxuriate in the tub with your fingers. It's easy decadence, and a great way to de-stress and relax," says Carlyle Jansen, author of the new book Sex Yourself: The Woman's Guide to Mastering Masturbation and Achievina Powerful Orgasms.

#### Read about other women's self-pleasure experiences online.

"It helps to know that there are others just like you who work, have kids, or go to school... and also masturbate." says Jansen. Check out howtomakemecome tumblr.com.

#### Practice noise control.

Abuzzing toy can be a buzzkill. (Too much time wiggin' about who can hear it.) Chillax with a toy that doesn't even vibrate: The Womanizer (shown here; \$189, womanizershop.com) uses air pressure waves to lightly suck and blow on your clit. Feels ah-mazing!

#### **SPOONING**

Sex on the side? It works just as well after a glorious brunch as it does in the wee hours of the morning. Back that booty up against your guy, and place a pillow under your hips to up the comfy factor.





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### GERM OF ANIDEA

Seeds aren't just for the birds: Women who eat diets rich in lignans-plantbased compounds found in sesame seeds and flaxseed—tend to weigh less and gain less over time, a new Johns Hopkins study found. Researchers haven't determined the exact amount of these little guys you need to reap the benefits, but why not get sprinklin'? Pour some into your salad, trail mix, or breadcrumb chicken coating.



Hot bevvies from your fave coffee joint can warm the soul...and destroy your diet. Check the calories and sugar in four common 12-ounce cuppas and see for yourself.

#### Sweet Apple Cide

#### 290 calories 53 g (zomg!) sugar

Shocking, huh? Many coffee houses spike their cider with sugar-jacked flavored syrups. Order your cider plain if it's available—the apples make it naturally delish.

#### 200 calories 32 g sugar

The culprit here? Chai concentrates that are heavy on the sweet stuff. Get all that cardamom-y goodness calorie-free with plain chai tea-ask for half steamed milk for a more latte-like feel.

#### 170 calories 13 g sugar

Even though this is just espresso and whole milk, a heavy dose of the full-fat moo juice ups its cals. Opt for reduced-fat milk, or try a cappuccino (espresso and a splash of steamed milk).

#### 110 calories 12 g sugar

The lightest option of the bunch, this chocolatetinged drink is made with "skinny" syrups, which are sugar-free. The skim milk adds some in but keeps cals in check.

Source: Ruth Frechman, R.D., author of The Food Is My Friend Diet

Eating while doing which activity is most likely to make you

consume more later on?

CATCHING **UP ON** SCANDAL

**TAKING A** WALK

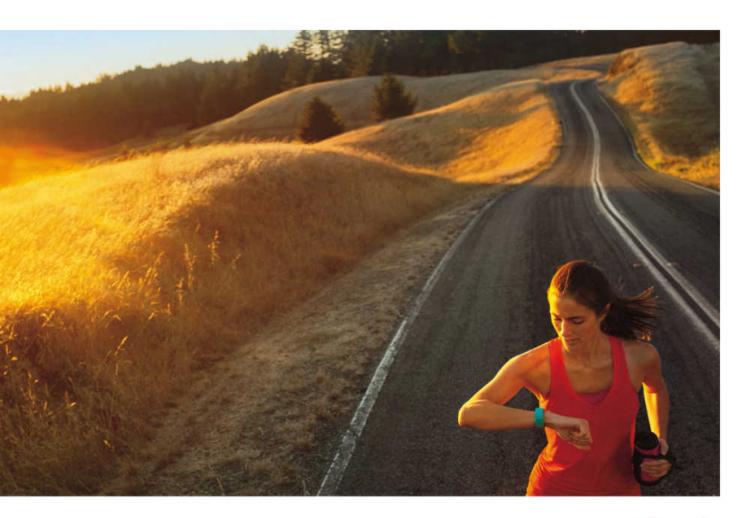
GOSSIPING WITH YOUR **BUDS** 

**ANSWER: B.** So much for binge watching. Munching on the go can trigger more overeating than snacking while doing other distracting things, found a study from the University of Surrey in England. The theory: When you nosh-andwalk, you may not fully register the experience. so you up your food intake later in the day to compensate. Prevent the "later graze" by sitting, chewing slowly, and savoring every bite, says Susan Albers, Psy.D., author of Eat Q.

A new high score and your longing for junk food gone? Oh, Tetris, you little minx, you. Researchers in England precently discovered that | playing the game for just three minutes can curb urges significantly. "When you get a craving, you imagine what it will look, taste, and smell like," says study author Jackie Andrade, Ph.D. But highly visual tasks also require these same mental processes-and it's difficult for your brain to focus on more than time. So if freshly one at a baked pie is calling you, whip out your phone for a round of Tetris, Candy Crush Saga, Minecraft-any

captivating game will work.

DAVID ENGELHARDT/GETTY IMAGES (SEEDS); BAUER SYNDICATION/TRUNK ARCHIVE (WOMAN); TAKAO ONOZATO/AFLO/GETTY IMAGES (CHIPMUNK



## outofofficefit



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fitbit surge.

## OMG! EXERCISE PILLS!

Now that we've got your attention, a dose of reality: It's true, scientists have pinpointed the 1,000-plus molecular changes that take place in muscles during a workout. And yes, they're trying to create a drug that mimics them. BUT—all caps for a reason—it won't help you lose weight; it lacks the same brain, bone, and heart bennies of exercise; and it won't be available for, like, 20 years (if at all) due to clearance regulations, says pharmacology professor Ismail Laher, Ph.D. Tough to swallow, we know.

#### LET'S TALK ABOUT...

#### **COLD STUDIO WORKOUTS**

#### A friend just tried a chilly boxing class, and I'm curious: Why the frigid temp?

We're seeing this cool front move through boutique classes too. Instructors are setting the AC to about 62°F (versus the usual 72°F or so) to speed their clients' weight loss. The theory? Our bodies will wake up brown-fat deposits to get warm, which can increase calorie burn.

### Wait, I've heard of brown fat before, haven't I?

People were really into it a few years ago and still are. Some research suggests you can drop 1.5 pounds when exposed to chilly climates for two hours a day for six weeks, thanks to this good fat.

### Going to run to that class without a jacket now...

Hold up. Research has yet to prove that working out in the cold just a few times a week will have a legit pound-melting effect. It may torch a few extra cals, but if you have any risk for cardiovascular disease, it can put your heart on thin ice.

Source: Shingo Kajimura, Ph.D., assistant professor at the University of California at San Francisco, UCSF Diabetes Center, Department of Cell and Tissue Biology

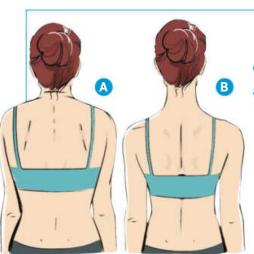
Twelve bucks for studio-branded grippy barre socks? Pshaw! Make your own with "puffy" fabric paint. Grab an extra-cush pair of socks, get creative, then let your masterpiece dry overnight.

#### THE FOOTPRINT

Place paint where the heel and ball of your foot would hit, focusing on the pads on the bottom of your big and pinkie toes. Small dots or shapes (stars, triangles) add the perfect amount of friction.

#### THE ARCH

If you have flat feet, dot around this highest part of your foot. Otherwise, no need! Source: Robert Kornfeld, D.P.M., podiatrist and founder of Holistic and Complementary Podiatric Medicine



#### SHOULDER THE WEIGHT

We're stoked the shrug emoji might debut in 2016. Your trainer? Not so much. Scrunching up during upper-body moves can lead to disk issues, like a mild herniation, says trainer David Kirsch, author of *David Kirsch's Ultimate Family Wellness* (davidkirschwellness.com; out December 1). Nail the right form for any arm/shoulder/chest move:

(A) WRONG Women often hike up their shoulders and roll them forward. When you move into an exercise, this can stress your traps and weaken the power in your arms and shoulders. No bueno.

(B) RIGHT Before any upper-body move, shift your shoulders down to create as much space as you can between them and your ears. Then pull your shoulder blades together as if you're squeezing an orange between them.

## **KELLEY O'HARA**

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SHE DIDN'T NEED A PSYCHIATRIST; SHE NEEDED A DERMATOLOGIST!

## HOWHEALTHY IS MY... SCALP?

Skin on your head wigging out like Allison's from *The Breakfast Club*? Allow dermatologist Paradi Mirmirani, M.D., to diagnose the root issues.

#### IF IT'S FLAKING

Dandruff (small, white specks) is the main reason for a scaly scalp, so try an anti-flake shampoo first. Still shedding after a week? See a derm for a stronger shamp and a check for scalp psoriasis, which may require a prescription.

#### IF IT'S RED AND ITCHY

It's likely contact dermatitis—an allergic reaction commonly caused by sensitivity to harsh ingredients like those in hair sprays and dyes. Ditch those, then dial your doc if it doesn't clear up.

#### IF IT'S BUMPY, ROUGH, OR SCABBY

Seek medical attention, stat. Pustules, small bumps, or crusty scabs may be harmless, but they can also be signs of bacterial infections or other serious conditions, including skin cancer.

## AT YOUR FINGERTIPS

...is the best way to avoid the flu! How? So glad you asked. We've all been told again and again that hand-washing is the top way to prevent the spread of germs. But while most people lather up their palms, turns out fingertips are the real scare zone. "They're most likely to come in contact with potentially contaminated surfaces and your face," says Neil Schachter, M.D., medical director of the respiratory care department at Mount Sinai Medical Center in NYC. Rub soap from wrist to tips on the front and back of your hands for at least 20 seconds, being careful to scrub between fingers and beneath nails.

## 0

#### **TWITTER ME THIS**

"It's impossible for me to get into Whole Foods because of COURSE I care about the whales where do I sign???" —Kristen Bell (@IMKristenBell)

Those do-gooders camped outside the supermarket can do some good for you too, Kristen: One Harvard study found that charitable spending ups happiness, and other research has linked volunteering with better blood pressure and a longer life. A simple way to reap these rewards? Try Elbi, a new micro-philanthropy app for iPhone (and soon for Android; both free) that lets you seamlessly connect with causes you care about. Send a joke to a hospital-bound kid, or give a dollar to your favorite charity with a few taps.



THERE'S A BABY UNDER ALL THAT WOOL

#### **OH, SHEEP!**

The American Academy of Sleep Medicine recently stated that snoozing for seven-plus hours per night can benefit your weight, chronic disease risk, and mental health. Duh. Something you probably don't know: The time you spend underneath that duvet can also impact your baby-making odds. One study found that pregnancy rates were highest in women who averaged seven to eight hours of snoozin', while those who logged nine to 11 hours had the lowest. Other research suggests that ladies who work night shifts are more likely to miscarry, and a recent University of Toronto study linked crappy sleep during pregnancy with postpartum depression. The takeaway: Your reproductive health is yet another reason to see your doc if you consistently catch subpar Zs or if you sleep a ton and still feel tired, says sleep scientist Clete Kushida, M.D.

PROP STYLING: SARAH GUIDO/HALLEY RESOURCES (SOAP); CINEMAPHOTO/CORBIS (SHEEDV); MILKYMILKA/123RF (SHEEP); JON KOPALOFF/GETTY IMAGES (BELL)

## IN JUST



DAYS\*
YOU'LL SEE A
TRULY
RADIANT
SMILE



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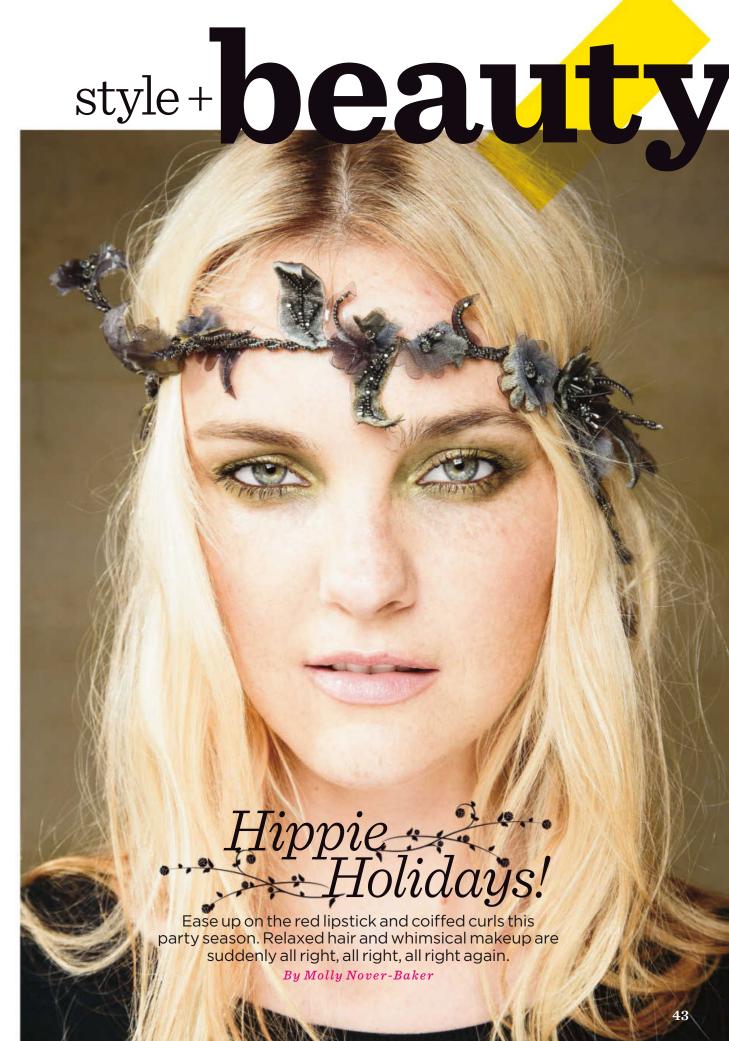
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Seyfried and Mariska
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4. Colette Malouf Mesh Botanical Crown (\$245, colettemalouf.com)

3. Flower Children Only Artemis Crown (\$25, flower childrenonly.com)

### Earthy Eyes

2. Shiseido Shimmering Cream Eye Color

in Naiad (\$25.

shiseido.com)

#### **SEEN AT: Versace Atelier**

Like Woodstock, these green and gold eyes are both ethereal and rock 'n' roll. Or as makeup artist Pat McGrath described the effect: "forest-nymph goddess."

#### JOIN THE CAUSE:

- \* Apply a thin, sheer layer of (1) gold cream shadow over lids and around eyes' inner corners.
- \* Using a small shadow brush, sweep (2) khaki-green cream shadow just into the creases, then smudge it along lower lashes.
- \* Line the eyes' inner rims with a dark-brown pencil, and finish with volumizing black mascara. Try BareMinerals Lasting Line Long-Wearing Eyeliner in Lasting Brown (\$16, qvc.com) and Stila Huge Extreme Lash Mascara in Black (\$23, stilacosmetics.com).
- \* Sweep barely-there pink blush along cheekbones.

Try Gucci Sheer Blushing Powder in Spring Rose (\$49, bloomingdales.com).

1. CoverGirl

**Bombshell Shine** 

Shadow in Gold Goddess (\$7, at drugstores)

> \* Line and lightly fill in lips with a pale-brown lip pencil, then top with peach gloss. Try The Body Shop Lip Liner in Beech and Lip Gloss in Vineyard Peach (\$10.50 and \$10, thebodyshop-usa.com).

#### Flower-Child Waves

#### **SEEN AT: Versace Atelier**

Age of Aquarius...or fall 2015 runway? Of the latter, hairstylist Guido Palau says, "We wanted the hair to have its natural texture with leafy headbands."

#### JOIN THE CAUSE:

- \* Part damp hair in the center.
- \* Mist salt spray all over for texture, then let hair air-dry. Try Redken Fashion Waves 07 (\$19, redken.com for salons).
- \* Wrap half-inch to one-inch sections around a one-inchbarrel curling iron to create body; repeat over your whole head.
- \* Separate curls; set with a flexible hair spray. Try Pantene Pro-V AirSpray (\$7, at drugstores).
- \* Tie a (3) floral or (4) leafy band across your forehead, one inch down from the hairline.

#### Peace. Love. Skinny Braids.

#### **SEEN AT: Valentino**

After seasons of wide, fat braids, these throwback plaits—which Palau called "feminine" and "dainty"—feel so fresh.

#### **JOIN THE CAUSE:**

- \* On clean, damp strands, distribute blow-dry cream (use a nickel-size amount for shoulderlength hair, a quarter-size amount for long) from roots to ends. Try L'Oréal Paris Advanced Hairstyle Blow Dry It Thermal Smoother Cream (\$5, at drugstores).
- \* Blow-dry hair using a small natural-bristle brush for smoothness.
- \* Braid both sections of hair to halfway down the back of your head. Then combine the remaining hair from the two little braids and re-separate out into three sections to begin a new tiny braid. Secure with a small clear elastic.

## Age defying comes to lip care.







#### Groovy Pinks

in Light Pink (\$6,

at drugstores)

#### **SEEN AT:** Dior Couture

#IWokeUpLikeThis became an Instagram phenom this year. But Dior's monochromatic look could easily have been the '70s version.

#### JOIN THE CAUSE

\* Sweep (5) baby-pink shadow from lash lines to brow bones,

leaving a sliver of skin between the shadow and brow hair.

\* Curl lashes and add several coats of dense black mascara, which, says makeup artist Ricky Wilson, "give the eye a rested, wide-awake effect." Try Revion Ultimate All-In-One Mascara in Blackest Black (\$9, at drugstores).

- \* Dust (6) pale-pink powder blush from the apples of cheeks to your hairline.
- \* On your mouth, use a (7) matching pink tinted balm.

#### "I've Never Inhaled"

If that's what you'd say about patchouli and cannabis scents, time for a long, deep whiff. Drom Fragrances perfumer Caroline Ivanica helps you pick your bohemian rhapsody.

#### If You Like... Chypre, Oriental, and Woody Notes

#### Catch a Drift of...Patchouli

"Patchouli oil is warm and earthy," explains Ivanica.

Try Narciso Rodriguez For Her L'Absolu eau de parfum (\$123, sephora.com), a rich blend of patchouli, amber, sandalwood, and jasmine.



If You Like... Fresh Green Scents like Grass, or Spicy Notes like Cardamom and Ginger

#### Catch a Drift of...Cannabis

"Cannabis has this distinct green herbal note," says Ivanica.

Try Fresh Cannabis Rose (\$88, fresh.com), with cannabis, Bulgarian rose, and (yum) a darkchocolate accord.

#### SEEN AT: Valentino Couture

Make love, not war—and while you're at it, make a side twist too. Though "regal and classic with a gold crown, it still has a natural, soft feeling to it," says Palau.

#### JOIN THE CAUSE:

- \* Prep clean, damp hair with a blow-dry lotion (nickel-size for short hair, quarter-size for long). Distribute evenly from roots to ends, then create a center part. Try Herbal Essences Bombshell Babe Blowout Smooth Crème (\$7, at drugstores).
- \* If hair is naturally wavy, airdry. Otherwise, blow-dry it smooth using a mixed-bristle round brush, then add bend by wrapping one-inch sections around (rather than clamped into) the barrel of a 1½-inch curling iron.
- \* Place the (8) crown on your forehead right at your hairline, so it sits above your ears. Then twist half-inch sections from each side of your head around the sides and back of the jewelry. Use hair pins along the twists to keep them in place.
- \* With the rest of your hair, start making a low, loose braid a few inches above your ends; secure with an elastic.

## "I WILL LIGHT UP EVERY ROOM I WALK INTO."



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## How to Shop for Scent

Eau-so-clueless about what fragrance to get for a special someone? You're gonna need more than a scent strip to show you the way.
You're gonna need our primer.

 $By\ Jessica\ Chia$ 

You tear open the expertly wrapped box, caress the weighty bottle, spritz on the perfume, and...ewww! We've all been on the giving or receiving end of a scent gift that hit the wrong notes. "Selecting a fragrance for someone else can be challenging," says perfumer Frédéric Malle. "It's quite personal."

Still, we keep trying: 20 percent of fragrance sales are made in the 10 days before Christmas, says market research firm Iconoculture; and one in four women plan to gift perfume this holiday, reports The Benchmarking Company. To stack your odds, we rallied a SWAT team of perfumers, psychologists, even neuroscientists to decode anyone's eau alter ego.



#### THE GIFTEE: YOUR GIRLFRIENDS THE CLUE: THEIR BRUNCH DRINK ORDERS

Taste is intimately related to smell, explains John McGann, Ph.D., an olfactory researcher and neuroscientist at Rutgers University. So noting your bud's taste palate can tip you off to what she'd like in a fragrance. Just don't be too literal: Loving Sriracha doesn't mean you want to smell like it, amirite? The trick is to pick up on subtle similarities, like its complexity or the attitude it telegraphs, Malle says. Make the glass-to-bottle connection:

### QUIZ: WHICH BRUNCH STAPLE IS YOUR PAL MOST LIKELY TO SIP?



#### IF SHE DRINKS

A. A mimosa. Or two...

B. A Bloody Mary, fully loaded

C.
A bottomless cup of coffee

#### **SEARCH FOR**

A spritz with the dry, bubbly qualities of champagne

Something as rich and spicy as the savory cocktail

Bold patchouli or amber, which pack as much heat as a steaming cup

#### BUY



Montblanc Emblem (\$82, at Bloomingdale's), whose citrus core features bitter grapefruit teamed with cardamom and clary sage DONJA PITSCH/FIGARO PHOTO/CONTOUR STYLE BY GETTY (WOMAN); GABE PALMER/ALA STOCKFOOD (BLOODY MARY); ANEKOHO/SHUTTERSTOCK (COFFEE); MATT RAINEY/RODAL



Frédéric Malle Noir Epices (\$190, fredericmalle.com), a wood-grounded mix of pepper and cloves



YSL Black Opium Eau de Parfum (\$90, yslbeautyus.com), which calls on patchouli essence, jasmine, and a jolt of black coffee to craft a full-bodied blend





#### THE GIFTEE: YOUR GUY

If your S.O. lives in T-shirts and jeans, the edgiest scent on the fragrance counter isn't likely to be kismet. "Scents are like an accessory," says neuroscientist Rachel Herz, Ph.D., author of The Scent of Desire. "You can glean a lot from how someone dresses." But that's not all that counts-his gift should also suit you. It may sound prehistoric, but studies suggest that when a woman likes a man's scent. she's more attracted to him, says Herz. In a nutshell: If you dig, he'll really dig. Jan Fockenbrock, a senior perfumer at **Drom Fragrances** 

in New York City.

explains how to

give it a whirl.



#### IF HE WEARS **CREWNECKS AND WORN DENIM**

#### **SEARCH FOR**

A touch of leather to keep things simple vet sexv

#### BUY



Polo Supreme Leather (\$125, ralphlauren .com). Its suede and leather accord with tonka bean play spirit animal to your dude's laid-back vibe.

#### IF HE WEARS **FLANNEL AND SKINNY JEANS**

#### **SEARCH FOR**

Raw, retro notes like incense and herbs, which fly with his hipster cool

#### BUY



Giorgio Armani Acqua Di Giò Profumo (\$95, giorgioarmanibeautyusa.com). With incense and sage, it's a liquid version of his latest indie-record discovery

#### IF HE WEARS **BUTTON-DOWNS AND KHAKIS**

**LOVE POTION** Sixty-eight percent of women buy cologne for

their guys, making it the

top specialty grooming gift for men, says The Benchmarking

Company.

#### **SEARCH FOR**

Citrus and amber, a contrasting duo that's still straightforward

#### BUY



Dior Sauvage (\$72, dior.com). The no-fuss trio of Italian bergamot, geranium, and vetiver appeal to the most classic of tastes

## THE GIFTEE YOUR SIS OR MOM THE CLUE: HER LIKES AND LOVES

Research shows that many of our scent perceptions are hereditary. So a common gene pool is, at least in theory, a leg up, McGann says. By how much? You're more likely to agree on the intensity of particular scents, Herz says. Also helpful: all the memoriesshared road trips, holidays, etc. "What we come to know as a fragrance we love or dislike is all based on direct personal experience," Herz adds. Don't be shy—use every bit of info to your advantage.





A PERFUME SHE'S WORN AND LOVES

A

#### HER FAVORITE PLACES, FLOWERS, BRANDS

#### THEN

Try perfumesociety .ora's online fragrance editor tool or the fragrance finder feature on bloomingdales .com for suggestions of scents that hit the same notes at a variety of price points.

#### **THEN**

Make a list of these things and take them to a specialty fragrance boutique or any Sephora store. Their fragrance pros are trained to help you find one that reflects who you're buying for based on these leads.



BUT! Give it a smell test. You're the ideal judge of whether the recommendation is a shade too strong or right on the money.

#### THE GIFTEE: YOUR WORK WIFE THE CLUE: HER INSTAGRAM POSTS

Don't just double-tap your office bestie's pics-mine them for perfume intel. See, the things we're into shed light on our personalities, which in turn can hint at our scent preferences—e.g., demure and floral versus intense and fiery, Herz says. Plus, creeping her feed is way more stealth than asking, "So, what perfumes do you like?" Fockenbrock explains what to scan for as you scroll.

#### IF SHE MOSTLY SHARES





CURATED STILL LIFES



SHAMFLESS **SELFIES** 

#### **SEARCH FOR**

Outdoorsy notes like mosses or firs sliced with acidic citrus

Nuanced blends that pair something light or delicate with something deeper—you know, like the complexity of the creative process

A strong floral base—no shrinking violets here!

#### BUY



Chanel Chance Eau Vive (\$77, chanel .com). A blood orangé, grapefruit, and cedar pick as deep-breathinducing as brisk air itself.



Dolce & Gabbana The One Essence (\$95, at Saks Fifth Avenue). A study in contrasts: Lily of the valley brightens heavy amber resins.



Estée Lauder Modern Muse Le Rouge (\$82, esteelauder .com), a heady magnolia-andiasmine bouquet spiked with saffron.





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 $Tick\, Tock Hot$ 

Coordinating your mani with your watch seems totally ridiculous—were it not so damn chic. Inspo starts top left!



1. Fine Shine

Some might say royal-purple polish paired with a rhinestoneencrusted watch is too showy. We say: brilliant.

Coach watch, \$595, macys.com; Jinsoon Operetta Collection  $Nail\,Lacquer$ in Souhrette \$18 sephora.com

4. Pattern Power A kaleidoscopic face demands a nail hue with depth. We went matchy-matchy with gold-flecked

burgundy. Fossil watch, \$115, fossil.com; Revlon Nail Polish in Untamed, \$5. at drugstores

2. Classic Redux True red, meet rose gold. The most iconic nail color of all time is the perfect

the moment. Guess watch, \$125, guess.com; Sonia Kashuk Nail Colour  $in\,Scarlet\,Starlet,$ 

\$4.79, target.com

foil for the metal of

5. Olympic Star For the win: a mixed metal of rose- and silver-toned stainless steel, finished off with tips

in shimmery gold. Bulova watch, \$299, kay.com; Rescue Beauty Lounge Nail Polish in Combien \$20 rescuebeauty.com

3. Blue Crush

A cobalt ticker draws everyone in. Even this slate polish. Yes, it's slate. The timepiece just teases out its blue undertones. So cool.

Peugeot watch, \$150, pp-watches .com; Nars Steven Klein Nail Polish in Black Fire, \$20. narscosmetics.com

6. Opposite Day

Kate Spade New York watch, \$225, katespade.com; Chanel Le Vernis Nail Colour in Troublante, \$27,



chanel.com



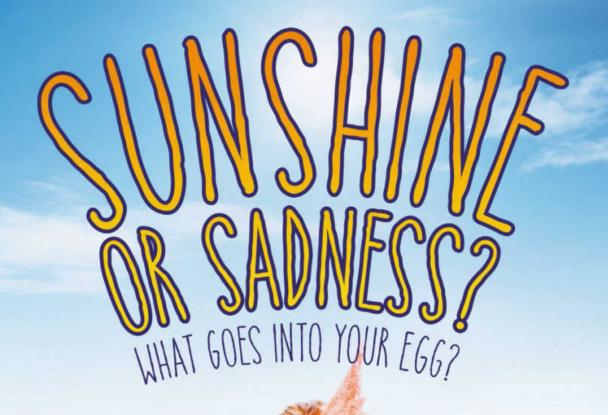
Is the watch sporty or sleek? Is the polish silver or gold? Is this duo fancy or casual? The answer is yes, yes, yes.

 $Rumba Time\ watch, \$45, rumba time.com; OPI\ Starlight\ Collection$ Nail Lacquer in Comet Closer, \$9.50, ulta.com









9 out of 10 eggs come from hens who live their lives in a space no bigger than this ad. That's not Nellie's. Check out our chicks at nelliesfreerange.com.

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MEAN BETTER EGGS FOR YOU."



SANTA BABY Mr. Claus goes hipster with pūrposeful holes and

baggy sleeves. Wildfox sweater, \$138, wildfox.com;

MiH jeans, \$230,

us.mih-jeans.com



Snag one of these festive knits, style it well, and keep your dignity intact.

## GET ON THE "GOOD" LIST

Thank your hostess with a gift rich in knit wit.





Candles in wintry scents and sweater-patterned boxes are doubly cozy. Paddywax, \$11 each, paddywax.com



#### IN THE SPIRITS

No need for gift wrapthis bottle comes dressed in a sweet-ass turtleneck. SKYY Vodka Limited Edition Holiday Sweater Bottle, \$19,



#### TOTES CUTE

Fair Isle flair, classing up a classic bag. Get it monogrammed for \$6 more. Lands' End, \$28.50, landsend.com



#### TINSEL TOWN

Glorious gaudinessuptop calls for dark skinny jeans. Ransom sweater, \$46, jcpenney.com; AllSaints jeans, \$178, allsaints.com

#### **RED SHIRTED**

Delicate silk frock, strappy silver heels... Bring on the reindeer games! Context at Lord & Taylor sweater, \$78, lordandtaylor.com; Armani Exchange dress, \$130, armaniexchange .com, ASOS Personalize shoes, \$82, asos.com



PHOTOGRAPHS BY AARON RICHTER









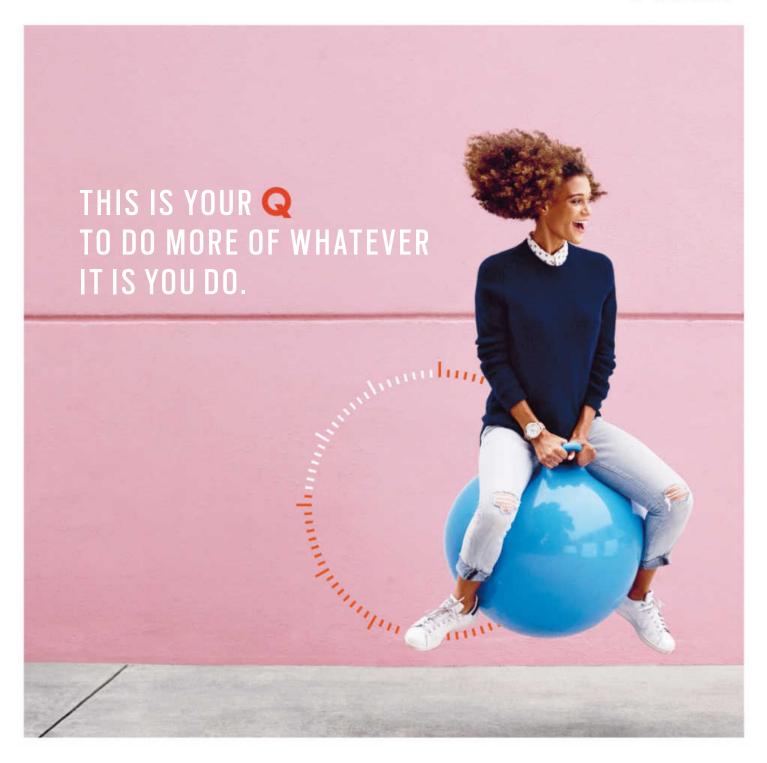
#### - UNCAP FLAVOR -

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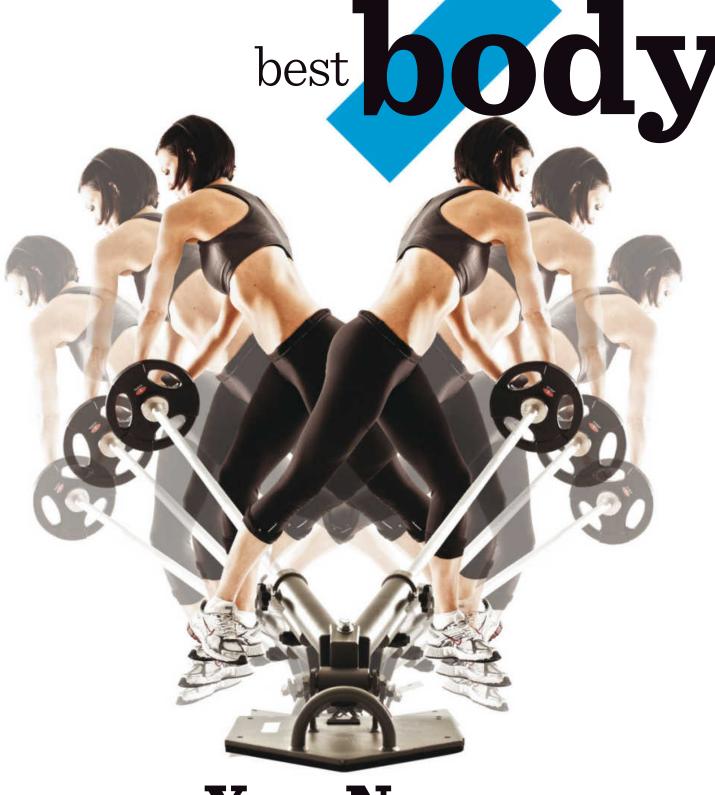




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## YourNew Secret Weap+n

You could play it safe in the weight room. Or you could blast fat like never before with one covert tool. Bombshell bod, right this way.

By Marissa Gainsburg

#### **Get-Fit Tricks**

Warning: There's a hidden device planted somewhere in your gym. It's essentially useless, until it's activated. Then...boom! Dynamite.

The weapon we're speaking of is the landmine, a metal base that, when hooked up to a barbell, transforms into a fierce strength-training tool for your entire body. "The landmine moves fluidly on an arc, targeting your core and smaller supporting muscles throughout any exercise," says L.A. personal trainer Ben Bruno, who created this routine exclusively for WH. "And it throws very little stress on your joints, lowering your risk for injury." That's because one end of the barbell is anchored to the floor, so the bar can guide your body through the correct movement. Your shins stay vertical in lower-body exercises and your torso remains tall and flat in upper-body ones, protecting your knees and back. "It's like having training wheels on a barbell," says Bruno. "It whips you into alignment, so you'll learn proper technique right away." Another bonus: Holding the heavy bar throughout each move challenges all the musculature in your arms from your shoulders to your forearms, so you'll sculpt lean, strong, FLOTUS-worthy guns.

So, ready to blow this sh-t up? Yeah, thought so.

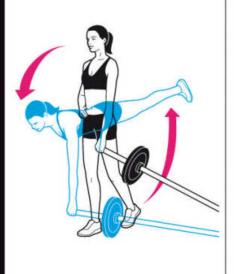
#### THE WORKOUT

We'll make it super easy to get started: five moves, five reps each, no changing up the weights. "The beauty of this circuit is its efficiency," says Bruno. "You can rock right through the first three moves without stopping to set up, so you'll fully tax the muscles in your lower body and then give them time to recover while you move on to your shoulders, bis, tris, and back." Complete all three exercises of this lower-body circuit on the same side without putting down the bar or resting, then switch and repeat the series on the other side. Rest up to 60 seconds, then continue to the final two exercises, performing the first move on both sides before proceeding to the next. Rest up to 60 seconds, then return to the beginning. Perform the circuit three more times. The whole shebang should take you about 25 minutes.

#### SINGLE-LEG

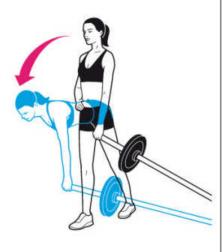
#### **ROMANIAN DEADLIFT**

Stand with your left side facing the landmine and hold the bar in front of your thigh with your left hand. With your back flat and chest up, raise your left leg behind you until it's parallel to the floor as you bend forward and lower the bar. Once the bar is below your right knee, lower your left leg and stand to return to start. That's one rep; do five.



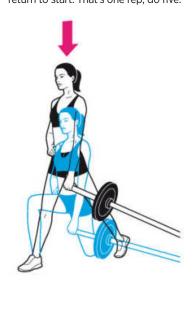
#### SPLIT-STANCE ROMANIAN DEADLIFT

Stand with your left side facing the landmine, the bar in your left hand. your left foot about 12 inches behind your right foot. Keeping your right leg straight, push your hips back and lean forward while maintaining a neutral spine. Lower your torso until your left hand reaches about knee level, then stand to return to start. That's one rep; do five.



#### WIDE-STANCE SPLIT SQUAT

Stand with your left side facing the landmine, the bar in your left hand. your feet shoulder-width apart and the left staggered 24 to 30 inches behind the right. With both legs straight and your left heel lifted, bend your right knee as you lower your left knee toward the floor, keeping your spine tall. Reverse the motion to return to start. That's one rep; do five.







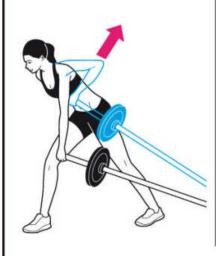
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#### SPLIT-STANCE LANDMINE ROW

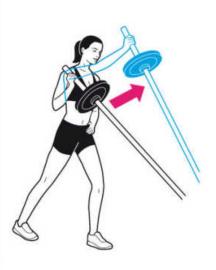
Stand with your left side facing the landmine, the bar in your left hand, your left foot staggered 24 to 30 inches behind your right. Keeping your back flat and left arm extended, lean forward until your torso is at a 45-degree angle to the floor, bending your right knee slightly. Without moving your legs or torso, pull the bar up until it touches your shirt. That's one rep; do five.



### STANDING SPLIT-STANCE

#### **LANDMINE PRESS**

Stand facing the landmine. With a flat back, bend your knees to pick up the bar, then stand. Position the bar just in front of your right shoulder, then step your right foot about 12 inches behind your left foot. Press the bar up until your arm is fully extended, then lower it to return to start. That's one rep; do five.



#### Master the Mine =

No need to tiptoe! Walk confidently into unknown territory with this beginner advice.



#### Start Light

Most bars clock in at 45 pounds on their own. That's lessened somewhat from being anchored to the floor, but it's still a load. Begin with an empty bar until you feel comfortable, then add weight five pounds at a time.



#### **Get Close**

The bar should just graze your body (depending on the move, that might be your shoulder, chest, hip, or pubic bone) at the start of any exercise. "If you're too far away, you won't hit all the muscles you're supposed to engage." says Bruno.



#### Heel, Woman

Shift your weight onto your heels in every movement to better activate your posterior chain (a.k.a. your glutes and hamstrings). You'll put less stress on your lower back and fire up your backside rather than just your guads.

#### "Uh, Where in the World...?"

Not sure if your gym has a landmine? Ask! If there isn't one, prop one end of a barbell in the corner of a room or even against a sturdy piece of exercise equipment (like a squat rack) and—voilà!—same thing. ■

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## **MINUTE WORKOUT**

## GO WITH THE FLOW

Feeling more Bad Santa than Buddy the Elf? Restore some peace with this balancing voga sequence.

Research shows that right now-yes, just as you're holding this magazine in your hot little hands-your brain's mood-stabilizing serotonin is dipping. In less scientific terms, you're one spilled latte away from going Grinch mode on everyone from your nana to Salvation Army Santas.

That's why we're rolling out the yoga mat. If you're convinced that pretzel twists just aren't your jam, now's the time to give it another go: A slew of studies confirms this mindful movement is linked to lower levels of cortisol and higher amounts of serotonin and the relaxant GABA, which may slash stress, anxiety, fatigue, even depression. "Yoga is active relaxation, which allows us to develop presence and take responsibility for the way we feel," says yoga instructor and Yogalosophy author Mandy Ingber, who designed the spirit-lifting routine here. "By moving with your breath, you move pent-up energy throughout your whole body, and with that, we can change our mood."

Consider this your instant fix whenever you're feeling off. The sequence begins with a breathing exercise to restore the central nervous system, then flows through three active stretches. Alternate between the second and third poses two or three times, then finish with the last pose. Do the routine at least three times a week.

Now say it with us: Namastay calm.

—Marissa Gainsburg



against the wall and your back flat on the floor. Let the

floor support your head, and feel your thighbones

release as they drop back toward your pelvis. Close

your eyes and hold the pose for at least five minutes.

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heavy burden." "A weight on my shoulders."

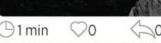
The metaphors we use to describe secrets are dead-on. Columbia University research reveals that people who keep something under wraps find everyday tasks, like lugging groceries up stairs, physically harder. "The size of the secret doesn't matter," explains study author Michael Slepian, Ph.D. "What matters is how preoccupied you are with it." In other words, sealing your lips about small stuff (say, a concealed crush) can feel as oppressive as lugging around a doozy if you obsess about it 24-7.

And bearing that load can cause some pretty hefty health effects. For starters, it can jack up your level of the stress hormone cortisol, too much of which is linked to memory loss, a messedup metabolism, and high blood pressure. You may also fall into a funk: Even if you think that keeping things close to your chest is no big deal (some people are just more private than others, right?), research shows secrets can leave people moody and lonely.

Not only can your relationships with family and friends suffer, but the damage also can seep into your work life, even when the secret has nothing to do with your job. One theory: Your brain can only handle so much at once, and the more energy you expend on not blabbing, the less brain power you have to focus on other things, per a study in the Journal of Experimental Psychology.

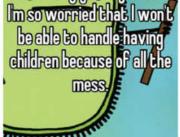
#### Real Confessions on Whisper:

I told my boss today that I couldn't work because I wassick to my stomach. The truth is that I'm so depressed, I can't get out of bed.

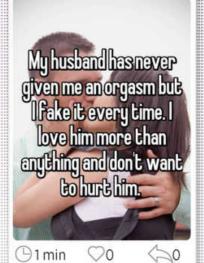


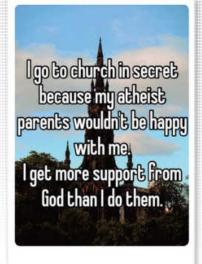


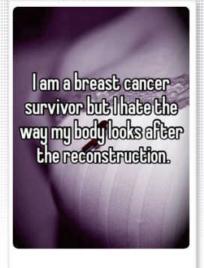












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- Co-pay cards are not valid for prescriptions that are eligible to be reimbursed by private insurance plans or other health or pharmacy benefit programs that reimburse you for the entire cost of your prescription drugs.
- · Patients must be 18 or older.
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  provided by each co-pay card are limited to \$100 per month. Each co-pay card
  may be used once per month for twelve (12) months. Provided you continue to
  meet the eligibility criteria, you may be eligible to receive a second co-pay card
  during the offering.

- Each patient is limited to one active co-pay card at a time during this offering period and the co-pay cards are not transferable.
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   For help with the RELPAX \$10 Co-pay Card, call 1-800-926-5334, or write:
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   You are encouraged to report negative side effects of prescription drugs to the
   FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.





Sorry, but it's true: According to a recent study, the average person stretches the truth 11 times...per week! Check our sliding scale of fibs to see how deceptions of different sizes bombard your body and mind.



**Compassionate Lies** 

Cover-Your-Ass Lies

#### GG What Zit. have noticed if you didn't point it out.

66 Thank you. I love it!

GG OMG, I had iust finished the presentation and my computer crashed! 5)5

66 The toilet was clogged when I got here. 99

I would never take money from our shared account without telling you—this has to be a bank error. 99

66 Of course I didn't make out with my coworker on that business trip. 99

#### 66 I think your mom is great, babe. I wish she didn't live across the country, 99

Small deceits doled out to protect someone else's feelings are pretty benign (for you, at least), since they're probably not the kind you'll obsess over. Worst-case scenario: Feigning enthusiasm for your friend's flavorless gluten-free cake gives you minor, short-term anxiety—and may up the odds you'll have to suffer through the dessert again.

66Be there in 15 minutes! Traffic is terrible!

Playing Pinocchio to save face or avoid embarrassment may seem pretty innocuous, but it can become a negative cycle that ripples into all aspects of your life, according to psychologist Deirdre Fitzgerald, Ph.D., an associate professor of applied behavior analysis at The Chicago School of Professional Psychology. Another not-so-glam side effect: diarrhea. One study found that stress can abuse liars' immune systems, making them more likely to experience headaches, back pain, and, yes, the runs.

66 They have weapons of mass destruction.

Yeah, we all know how the above one worked out. But back to the point: Larger lies can come with major guilt, stress, and remorse, especially if you're telling tall tales to those you feel close to, says Bella DePaulo, Ph.D., a psychologist at the University of California at Santa Barbara. The constant threat of being found out (and the pressure to keep your story straight) can initiate the same memoryand-metabolism-destroying cortisol surge seen in secret holders and can lead to depression and anxiety. (This doesn't include the 5 percent of people who actually get off on getting away with duplicity, says psychologist and lie researcher Paul Ekman, Ph.D.)

If you're looking for pants on fire to smoke out a liar, it ain't gonna happen. But there can be ways to tell if someone is fibbing to your face. When spreading falsehoods, the body almost always rebels, leaking small physical signs, says Ekman.

Your coworker shakes his noggin almost imperceptibly while telling you he didn't steal your idea and pass it off to the boss as his own. He so did.

As people fib, split seconds of truth often flash across their face before their brain can retake control. Think: Mom's fleeting grimace before she says she really, really likes your new apartment.

HANDS Near-constant hand gestures (like pointing, fidgeting, or face scratching) in someone who is usually relaxed can be a sign she's not being honest.

**SPEECH** Liars take longer to answer questions than truth tellers, and they may pause mid-sentence (making shit up takes time!). ALLANSWART/ISTOCK; THE NOUN PROJECT (ILLUSTRATIONS)



#### **Don't Shush Me**

Which is the lesser evil: the constant worry you feel from hiding something, or the vulnerability and pain you may experience if you fess up? It depends on the relationship, but research shows the mental and physical problems that come with being secretive are cut by at least half when you start speaking the truth.

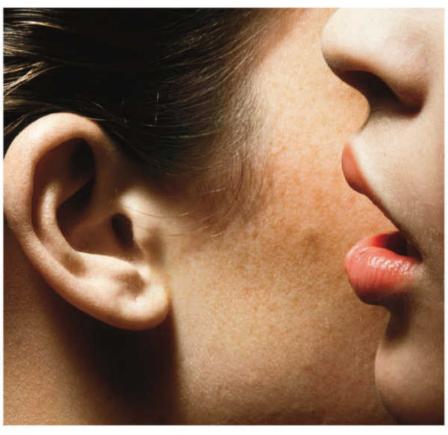
And of course, there's this: Personal bonds are built on trust. If you keep a secret that directly affects another person (e.g., the dent you put in your friend's car), you miss out on the benefits—like overall better health and a longer life—that often come with feeling known and understood, says New York City psychiatrist Gail Saltz, M.D. "If they reject you, it probably wasn't a very healthy relationship."

If your secret is more of the haunting personal variety, such as a lifelong eating disorder, you can minimize the odds that you'll feel judged by confiding in an empathetic friend whose reaction is more likely to be "I'm so glad you felt safe sharing" than "Um, why have you never told me?" says psychiatrist Amy Banks, M.D., of the Wellesley Centers for Women.

Speaking up is easier said than done, but these steps can help make the conversation go more smoothly.

Make time. Don't spring your reveal in public or when the person you're confessing to won't have time to process. Say you have something to discuss and set aside a specific date and place to do so, in person.

Admit this is hard for you. Especially if your truth will sting. Let the other person know that you're truly sorry and trying to make amends.



Be direct. Spill your secret or own your lie as straightforwardly as you can. Don't go off on tangents or make excuses.

Take your medicine. Your admission may elicit tears or silence, but if you're confessing something that screws with the person you're telling, your job is to pull on your big-girl pants and deal, not get defensive. If the other person needs time to think, say you'll be there when he or she is ready to talk. The follow-up is, in many ways, more important than the reveal, says Saltz. Translation: If you don't respect that it may take someone a while to digest the news, you could torpedo the relationship. (If you truly can't hack the possible fallout, sharing confidentially on a site like Whisper or PostSecret will provide some relief, says Slepian.)

#### Cut the Cord

Confessing: so freeing! Unless you're the person who just inherited a truth bomb (say, a pal who cops to cheating on her boyfriend...who's also your friend). Secret-passing can feel a lot like a health-sapping game of telephone, in which the receiver often gets the shaft. Research suggests traumatic family secrets can delay kids' development, keeping them from mentally progressing on schedule. For adults, the stress of taking on someone else's confidential info can lead to loss of sleep, headaches, and upset stomachs.

MAIN

So what to do if a bud dumps a giant whaaa?! on you? Stop the cycle by unloading on a neutral third party, such as a therapist or clergy member, or even the sites listed above. If you pinky-swore not to tell another soul, there's still hope: Simply venting to a noninvolved person (heart you, mom!) that you feel burdened by a friend's secret-without sharing any specific details—can all but erase any negative symptoms says psychologist Evan Imber-Black, Ph.D., author of The Secret Life of Families. ■

Wald

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## YOUR BODY ON... HOLIDAY CLICHÉS

It's time to give these traditions a new name: health boosters. What exactly happens when you...

#### **Bake Some** Goodness

As the scent of fresh cookies wafts through your schnoz to your brain, it stimulates the areas in charge of memory and emotion. Your body reacts exactly as if you were back in Granny's kitchenwith a surge of relaxation even sweeter than those chocolate chips.

#### **Channel Clark** Griswold

Dude had the right idea with his zillion twinkly lights. Busting out the roof/mantel/tree decorations triggers mind-body reactions that help you feel less lonely and more optimistic. The resulting positive 'tude has been linked to stronger heart health.

#### Roast **Chestnuts on** an Open Fire

Or, you know, just flip the switch on the gas fireplace. While sitting by a roaring hearth, you perceive

the people around you as friendlier and kinder (gift alert for the in-laws: firewood! lots of it!). Soaking in the heat can also make you feel more generous.

#### **Put That Holiday Flick** on Repeat

Have your ho ho hos with some ha ha has. Cracking up at these comedies, even if you've seen them a million

times, prompts vour brain to churn out endorphins. Yep, the same ones you get from an awesome workoutwith the same major pain-relieving properties. (Q for Netflix: Do you have Seinfeld's Festivus-for-the-Rest-of-Us episode?)

#### **Exchange Presents**

No need to go rogue with unexpected gifts. Giving Dad exactly what he asked for, no matter how lame it might seem (really? tube socks?), will make him feel heard and

appreciated. That, in turn, will nurture your bond. Everyone wins.

#### Crank Up the **Carols**

Baby, it's cold outside...but corny holiday tunes can warm your brain. Specifically, by igniting the parts that control language, which gives your cognitive skills a bump. The perks keep coming if you belt out the music yourself: Studies show singing

can help strengthen your immune system, and that's always clutch during cold season.

-Jessica Migala

Sources: Lara Aknin, Ph.D., Simon Fraser University; Richard Davidson, Ph.D., University of Wisconsin at Madison; Rachel Herz, Ph.D., Brown University; Michael Norton, Ph.D., Harvard **Business School** 





zingstevia.com

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## One-BowlWonders

Soup...in winter? Been there. Slurped that. We've cooked up something equally hearty but far less fatigued: Chewy and fiber-rich, ancient grains are a satisfying canvas for countless mix-and-match meals. It's time to spoon.

By Joy Manning

#### **Bulgur Salad with Cucumber** and Tomatoes

- 1 small shallot, minced (about 3 Tbsp)
- Tbsp extra-virgin olive oil
- 2 tsp lemon juice
- 1 cup cherry tomatoes, halved
- 1 cup diced cucumber
- cup parsley leaves, chopped
- 1 cup cooked bulgur
- 1/4 cup shelled pistachios, chopped
- 2 oz crumbled reduced-fat feta cheese
- 1 / In a large bowl, combine shallot, olive oil, and lemon juice. Whisk well and season to taste with salt and pepper.
- 2/Add tomatoes, cucumber, parsley, and bulgur and toss to combine. Divide between 2 bowls and top with pistachios and feta.

MAKES 2 SERVINGS Per serving: 390 cal, 25 g fat (5 g sat), 33 g carbs, 6 g sugar, 540 mg sodium, 7 g fiber, 13 g protein

cold

#### BULGUR

Rich, toasty, and perfect for lazoids, most bulgur is already partially cooked, saving up to 20 minutes of prep time. Not to mention, it's got ample doses of iron and B vitamins.

#### **Bulgur with Mushrooms and Roasted Red Peppers**

- 1 Tbsp olive oil
- 1/4 cup minced onion
- ½ tsp smoked paprika
- 2 cups mushrooms (such as shiitake, maitake, oyster, or a blend), chopped
- 2 cups baby spinach
- roasted red pepper, chopped (% cup)
- 1 cup cooked bulgur
- 1/4 cup cooked lentils
- 1 tsp sherry vinegar
- 1 / Put oil in a large skillet over medium heat and cook onion until it softens, about 4 minutes. Add paprika and stir to combine. Add mushrooms and cook until they brown, 5 to 8 minutes.
- 2 / Add spinach, red pepper, bulgur, and lentils, and cook, stirring, until hot, about 2 minutes. The spinach should just begin to wilt from the heat of the other ingredients. Season to taste with salt and pepper. Divide the mixture between 2 bowls, and drizzle with sherry vinegar.

MAKES 2 SERVINGS Per serving: 220 cal, 7 g fat (1 g sat), 36 g carbs, 6 g sugar, 170 mg sodium, 11 g fiber, 8 g protein

**HAVE IT** hot

#### **BOILING POINTERS**

If you've made spaghetti, you can make ancient grains. Bring a pot of salted water to a boil, add any grain, and cook until tender (typically 25 minutes or less). Drain excess liquid, then eat, refrigerate, or freeze. That's it. Wanna ritz it up? Replace all or part of the water with a flavorful liquid such as stock, broth, tomato juice, or wine.



## Plan of Action

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#### The Best Mornings Start with a Better Breakfast

Start your day on the plus side of delicious with Quaker® Real Medleys®. Try new Summer Berry Granola as a delicious snack or topping that's loaded with crunchy clusters plus real fruit pieces. And there's new Banana Walnut Oatmeal+, complete with super grains and packed with diced bananas and crunchy nuts.

QuakerOats.com

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ColgateEnamelHealth.com





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#### MILLET

Cèline. Coach. Millet? Yes, like a good handbag, this slightly sweet grain goes with anything. It can be fluffy or creamy, tender or crunchy, and it packs loads of energizing magnesium.

#### Millet with Chicken and **Shaved Vegetables**

- 1 small carrot, peeled
- 1/4 fennel bulb
- small rib celery, thinly sliced on an angle
- tsp white wine vinegar, divided
- cup low-fat buttermilk
- 1 Tbsp 2% plain Greek vogurt
- 1 Tbsp fresh chopped
- 1 cup cooked millet
- 1 / Using a vegetable peeler, shave carrot and fennel into ribbons. Place in a small bowl with celery, season with a pinch of salt, and sprinkle with ½ tsp of the vinegar. Set aside.
- 2 / Whisk together buttermilk, yogurt, dill, and remaining vinegar. Season to taste with salt

#### **Tropical Millet Pudding**

- ⅓ cup raw millet
- 1 cup light coconut milk
- cup water
- Tbsp granulated sugar
- 1/2 tsp pure vanilla extract
- tsp ground cardamom
- 1/8 tsp table salt
- 1/4 cup diced pineapple
- cup diced mango
- Tbsp mini white chocolate chips

Mint leaves, for garnish (optional)

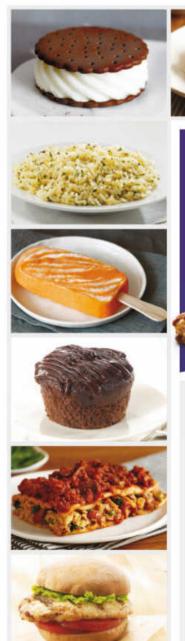
**HAVE IT** 

sweet

- 1 / Toast millet in a saucepan over medium heat, stirring often, until fragrant, about 3 minutes. Add coconut milk, water, sugar, vanilla extract, cardamom, and salt. Stir well, increase heat to high, and bring to a boil.
- 2 / Reduce heat to a simmer. Cover and cook, stirring occasionally, until millet is tender, about 25 minutes. Divide between 2 bowls and top with pineapple, mango, and white chocolate chips. Garnish with mint leaves.

MAKES 2 SERVINGS Per serving: 320 cal, 13 g fat (9 g sat), 45 g carbs, 18 g sugar, 180 mg sodium, 3 g fiber, 5 g protein









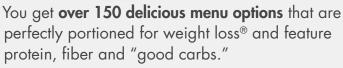




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On Nutrisystem you add in fresh grocery items.

#### Amaranth Huevos **Rancheros**

- 3 tsp olive oil, divided
- 1 cup cooked amaranth
- ½ cup corn
- tsp ground cumin
- cup cilantro leaves, loosely packed, plus more for garnish
- 2 large eggs
- 2 radishes, sliced into matchsticks
- 1/4 avocado, thinly sliced
- 1/4 cup salsa
- 1 / In a large nonstick skillet set over medium heat, warm 1 teaspoon of the oil and add amaranth. corn, and cumin. Cook. stirring occasionally, until cumin is fragrant, about 3 minutes. Remove from heat, stir in cilantro, season to taste with salt and pepper, and divide between 2 bowls.
- 2 / Add the remaining 2 teaspoons of oil to the skillet and cook eggs as desired. Place an egg on top of each bowl. Divide radish, avocado, and salsa evenly between the 2 bowls. Garnish with cilantro.

MAKES 2 SERVINGS Per serving: 330 cal, 17 g fat (3 g sat), 34 g carbs, 4 g sugar, 390 mg sodium, 5 g fiber, 13 g protein

#### AMARANTH

Quinoa is the publicity hog, but this other gluten-free grain has more protein, with nine grams per cup. Its mild, grassy flavor makes it a nutritious sub for starchy bases like rice or polenta.

#### Amaranth with Kale and Sausage

- dry-packed sun-dried tomatoes
- Tbsp olive oil
- 1/4 cup diced onion
- oz turkey sausage, casing removed
- 1 small head kale, stems removed, sliced into thin ribbons (about 2 packed cups)
- cup cooked amaranth
- 2 Tbsp grated Parmesan; more for garnish
- Tbsp pine nuts, toasted

- 1 / Soak sun-dried tomatoes in boiling water for 10 minutes. Drain, mince, and reserve.
- 2 / Add oil to a large skillet over mediumhigh heat and sauté onion until soft, about 5 minutes. Add sausage and cook, breaking up the meat, until browned, about 10 minutes. Add kale and tomatoes. Cook,
- stirring often, until kale is wilted, about 5 minutes. Season to taste with salt and pepper. Set aside.
- 3 / In a small saucepan over low heat, heat amaranth. Stir in Parmesan until melted, about 2 minutes. Divide grain between 2 bowls and top each with sausage mixture. Garnish with pine nuts and more Parmesan.

MAKES 2 SERVINGS Per serving: 390 cal, 20 g fat (3.5 g sat), 29 g carbs, 3 g sugar, 600 mg sodium, 4 g fiber, 25 g protein





### breakfast

#### **POP STARS**

Just like corn kernels, some grains—including amaranth and millet—burst into crunchy white puffs when toasted. Fill a dry pan with a single layer and cook 'em, uncovered, over high heat for about two minutes. Sprinkle the exploded vummies on yogurt or salad, or enjoy their nutty flavor solo.



Great taste is in our nature.











Start your day on the plus side of delicious with Quaker® Real Medleys®. Try new Summer Berry Granola as a delicious snack or topping that's loaded with crunchy clusters plus real fruit. And there's new Banana Walnut Oatmeal+, complete with super grains and packed with bananas and crunchy nuts. #QuakerUp

Sneaky strategies try to upsell you on caloric extras with high profit margins. Be smarter than the carte du jour.

#### **COLOR ME HUNGRY**

Food-porn photos and appetite-stimulating hues such as red, yellow, and blue can lead you astray. Before you even scan the menu, take a beat to consider what you really want.

Most starters sit in the upper left corner for a reason: People read menus in a Z pattern, and once the appetizers grab your attention, it's hard to turn down indulgent offerings. But it might help to know that food scientists found the tastier the app, the less likely you are to enjoy your entrée.

#### **INSIDE THE BOX**

Often, "specials" are foods a restaurant is testing out or plates meant to turn big profits. They can be loaded with cheap, fattening ingredients. The fix? Another kind of box—a to-go one. Mentally committing to a doggie bag before ordering makes you about 40 percent less likely to hoover your entire plate.

#### ALLURING ADJECTIVES

Items that use descriptive language ("succulent" or "fork-tender") sell about 28 percent more often-and patrons rate them as tastier, regardless of cost or nutrition. Nostalgic phrases ("Grandma's recipe,") and geographic terms ("lowa-raised") can make calorie bombs more enticing.



#### GOOEY NOODLE BITES FRIED PASTA COATED IN OUR 20-CHEESE BLEND...\$5

MEGA-LOADED NACHOS HOUSE-MADE CHIPS TOPPED WITH 10 BEEF TACOS...\$5

#### NUCLEAR HOT POPPERS RACHA-SOAKED CRISPY JALAPEÑOS...\$4



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WRAPPED WITH AVOCADO AND FLASH-FRIED...\$9

#### RISOTTO MEATBALLS

RICE CAKES WITH CREAMY ALFREDO DIPPING SAUCE...\$8

#### CHEESESTEAK SLIDERS

SERVED ON BRIOCHE WITH CARAMELIZED ONIONS...\$10

#### daily specials

TURF IN SURF

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#### \star main courses 🛊



#### AND ROMA TOMATOES...\$13

RAGIN' RIB EYE DRY-AGED CHAR-GRILLED PRIME RIB ON BUTTERED GARLIC TOAST...\$21

#### THE WHOLE HOG

PORK RIND-CRUSTED RIBS WRAPPED IN BACON HALF...\$8 WHOLE...\$15

LOW-CARB VEGETARIAN

#### KANSAS CITY BBQ

#### BEEF PARTS SMOTHERED IN SLOPPY JOE SAUCE...\$17

MAMA'S FRIED CHICKEN

#### THE BIG AND 'WICH

ON A KAISER ROLL...\$11 DOUBLE MEAT...\$2 MORE

#### SMALL BUT MIGHTY (FATTENING)

People tend to over-order "small plates" because of their lower pricethen scarf down too many in an effort to try bites of everything. The result can be a hefty bill and heavy belly. If it's variety you crave, make three of these little suckers a meal, not a precursor to an entrée.

#### **HEALTH HALOS**

Salads have the original one. Add an eye-catching symbol that signifies vegetarian, low-carb, or gluten-free and the dish practically screams "virtuous" or at least you're supposed to think so. Icons can be misleading about just how diet-friendly something really is, so use common sense to second-guess those claims.

#### SERVED ON WAFFLES WITH HOMESTYLE GRAVY...\$14

#### EVERY DELI MEAT LAYERED

#### beverages

CREAM OF POTATO

IDAHO RUSSETS SLOW

SIMMERED IN CREAM...\$6

**BUTTER BISQUE** 

GRASS-FED DAIRY WHIPPED

TO FROTHY PERFECTION...\$4

FRENCH ONION

SHALLOT, BAY LEAF, AND A

POUND OF GRUYÈRE...\$5

MORE RANCH, PLEASE

ICEBERG, CROUTONS, FRIED

CHICKEN WINGS...\$8

SUPER COBB

BLUE CHEESE, EGGS, CREAMY

BACON DRESSING...\$7

ASIAN SESAME

CRISP WONTONS, EDAMAME, WASABI DRESSING...\$8

FROZEN LEMONTEANI...\$3 CRÈME BRÛLÉE SHAKE...\$5 SUPERBERRY COOLER...\$4

#### **GETTING A "GOOD" TABLE**

Outside of the menu, the most important decision you'll make is where to sit. Take a look at this bizarro research before you tell the hostess you want that corner booth. People who park it...



order more side salads and fewer drinks.



AT HIGH-TOP TABLES order more salads and seafood.



IN DARK, INTERIOR **BOOTHS** order more heavy dishes and desserts.



**CLOSE TO A TV** order more fried foods.



WITHIN TWO TABLES OF THE BAR chug more beers and cocktails.

Sources: Brian Wansink, Ph.D., Cornell University Food and Brand Lab; Aaron Allen, global restaurant consultant; Dean Small, Synergy Restaurant Consultants, Newport Beach, California; Brenna Ellison, Ph.D., University of Illinois; Jayne Hurley, R.D., Center for Science in the Public Interest; Libby Mills, R.D.N., Academy of Nutrition and Dietetics



TIPS ARE WELCOME

Listen, it's the holidays. You're going to want to get together with family and friends. Just know this: Research shows you'll down about 75 percent more food in a party of four than you would dining alone. Up that to 96 percent when you join a group of seven-plus. "The more social the experience, the more you may find yourself lingering over many courses or having another drink because your friends are," says Brian Wansink, Ph.D. Have fun and stack the plates in your favor with these tricks.

ORDER FIRST. Regardless of how many dining companions you have, make your request before they can sway you with their choice of three-cheese lasagna. "If you go first, you won't know what your friends are ordering, so you're able to focus solely on choosing what's best for you," says food economist Brenna Ellison, Ph.D., of the University of Illinois.

BUT EAT LAST. The longer you stay at the table, the more you'll munch, so wait until everyone else is served to pick up your fork, and don't race through your meal. C'mon, you're here to chat too.

**KEEP THE WATER FLOWING.** As soon as you feel full, get in the habit of sipping water instead of shoveling in unnecessary forkfuls.

SAVE THE BREAD. Save, not skip entirely. Just wait until you finish your entrée: One study found that eating bread before your meal spikes blood sugar (which could increase hunger), while snacking on it after the main course won't.

SHRINK YOUR DRINK. Alcohol packs extra empty calories and lowers your inhibitions about ordering subsequent rounds. Head off that vicious cycle by asking for your cocktail in a tall, thin glass. Research shows you'll drink less than you would from a short, squat glass, so you should have plenty of cals left for dessert (that you can savor—and remember!). ■

Quality Never Stops



In the morning, discover the natural and tasty flavor of BelGioioso Mascarpone on toast with fresh fruit. Then, add it to your pasta for a sweet creamy touch. Our Mascarpone is for you all day long.

\*No significant difference has been found in milk from cows treated with artificial hormones.



#### "Now I'm training others!"

Throughout high school, JaLisa Maxwell spent her afternoons twirling massive flags in the marching band's color guard (buff arms, FTW!). But once college hit, the Florida native ditched all physical activity and started drinking both nights every weekend. "I also stopped thinking about my habits," she says. "I just ate and ate, and I ended up gaining around 30 pounds."

She eventually nixed the booze, but mindless eating shadowed her into the work world. Every morning she'd hit the drive-thru for a greasy breakfast sandwich and an extra-large soda, and Southern recipes were her at-home fuel. "A regular meal to me was like eating at a buffet," she says, recalling how she'd load two servings of items like mac-and-cheese onto her plate right away, then go back for more. In January 2014, JaLisa noticed that simple things like climbing stairs and even walking had become painful, and it prompted her to step on a scale for the first time in two years. She was shocked when the arrow settled at 205 pounds.

#### The Change

As if the number weren't enough, that same month, her mom showed her a picture from a family party that mortified her. "I didn't realize how big I'd gotten until I saw it," she says. She also grew increasingly aware of just how sharply her lack of physical activity contrasted with that of her super-fit husband. Though he was supportive of her at any



weight, JaLisa was "ready to make a positive change."

#### The Lifestyle

To overhaul her diet and mindset, JaLisa turned to Pinterest for healthy recipes and targeted workouts in February 2014. She began her days with a green smoothie and veggie omelet and emphasized lean proteins like fish at lunch and dinner. "The hardest WH Online part was not eating Get inspired by more success pasta," she says. stories at WomensHealthMag .com/December. Determined, JaLisa

built her p.m. meals around produce and kept snacks to fruits, vegetables, and vogurt. She also crafted a three-mile

interval cardio circuit, which she did three days a week. After each run, she tacked on lunges, jumping jacks, and pushups. Eating well and exercising sloughed off 34 pounds in four months, so

JaLisa decided to bump up her routine to four days a week.

By her birthday in August 2014, JaLisa had shed 50 pounds but wanted to build more muscle. "I started weight training with my husband," she says. She kept it up for seven months and dropped another 10, in part by adding a kettlebell. Once she made the tool

> an integral part of her drills, JaLisa watched five more pounds melt off, revealing a sculpted midsection and defined everything. By January 2015, she'd whittled away a total of 65 pounds, and her size-16 body had become a 4.

#### The Reward

JaLisa, 26, is now motivating others: "I created a Facebook group to help people learn how to become healthy, then I started a business: Ageless Health & Fitness for All," she says. "It's amazing."

#### **JaLisa's Tips**

> Start with light runs. "Not on the treadmill, but outside, to get a good flow of oxygen. Doing jogging intervals helps if you're a beginner."



> Speak up.

"At restaurants, keep an eye out for what's put in your food. Don't be scared to be picky; tell them how you want it."



> Prep your snacks. "I package mine in plastic bags or containers and take

them to work with me. Leat one before lunch, the other in the afternoon."

#### All You Can Eat

Pecan Pie

One proper serving (133 grams, or about % of a nine-inch pie) is about the size of a folded pair of sunglasses.

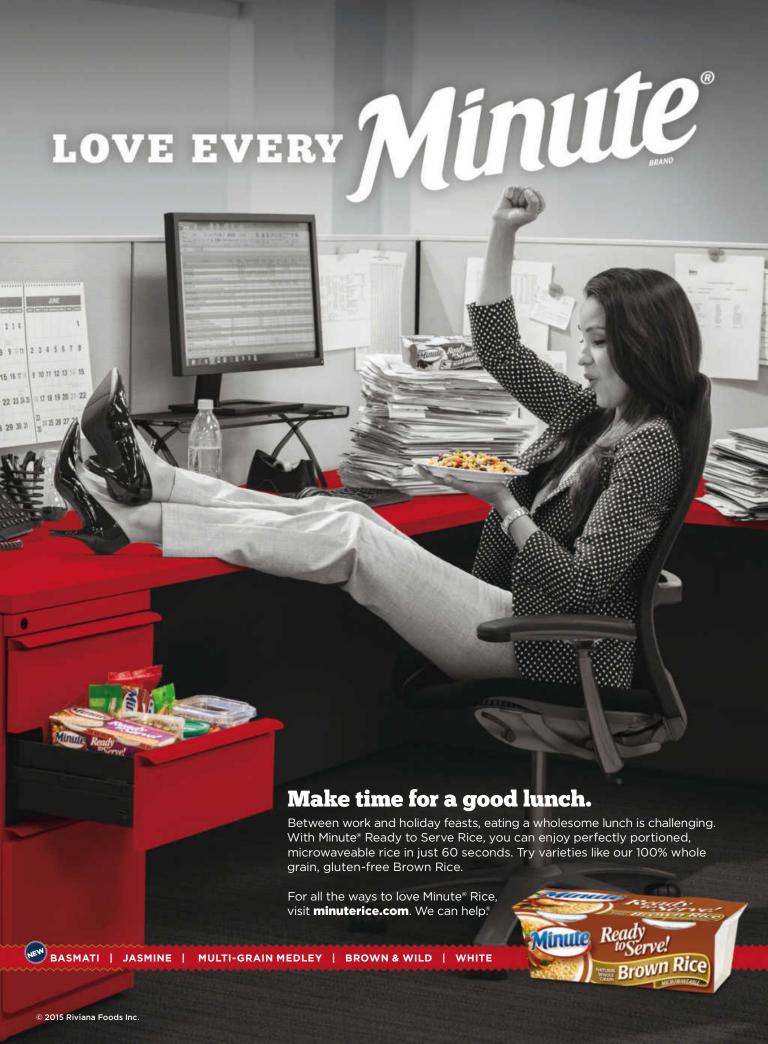
<mark>541</mark> cal / **22** g fat / **33** g sugar 6 g protein

Forgive the buzzkill, embrace the truth: what a portion actually looks like.



Yeah, you'll get some healthy fat and protein from the nuts, but a slice packs more than a quarter of most womer daily recommended calorie intake. Oof.

:OURTESY OF SUBJECT (BEFORE); BRAND X PICTURES/GETTY IMAGES (PIE); DENDONG/GETTY IMAGES (SUNGLASSES)



#### Buy 5, Drop 5

Put these power foods on your plate and eat your way to a smaller size.

By Keri Glassman, R.D.



#### **Dark Chocolate**

Eat a one-ounce square of this sweet...or inhale it, literally: Research has found that the scent alone actually lowers levels of the hunger hormone ghrelin.

#### **Ruby Red Grapefruit**

This citrus fruit and its juice just might loosen your pants: People who ate or drank the stuff downed about 25 percent less overall and shed 7 percent more weight than those who skipped it.

#### **Brussels Sprouts**

These leafy orbs clock in at a mere 38 cals per cup, and they're teeming with fat-fighting vitamin C and anti-inflammatory compounds that show promise in fighting obesity.

#### Cinnamon

Stick it to cravings with this zero-calorie flavor enhancer. Its stabilizing effect on blood sugar can help control hunger.

#### Pork Tenderloin

building, this lean protein is packed with B vitamins, crucial for humming along.



#### **BREAKFAST**

#### **Broiled Grapefruit**

Place half a grapefruit flesh-side up on a baking sheet and sprinkle with 1/4 tsp ground cinnamon and 2 tsp brown sugar. Broil 4 inches from heat until sugar melts and browns, 2 to 3 minutes. Top with 2 Tbsp Greek yogurt and 1 Tbsp chopped cashews.

#### LUNCH

#### **Pork and Brussels Sprouts Stir-Fry**

Cut 4 oz pork tenderloin into strips and sauté in 1 Tbsp oil until no longer pink, about 3 minutes. Add1cup quartered sprouts, ½ cup bell pepper strips, ½ cup sliced carrots, and 1 Tbsp lowsodium soy sauce. Cook until sprouts are tender, about 5 minutes. Turn heat off and stir in 1/4 cup thinly sliced scallion greens, 2 Tbsp chopped cashews, and ½ tsp sesame seeds.

#### **SNACK**

#### Chocolate-Dipped Grapefruit\*

Chop 1½ oz dark chocolate and place in a microwave-safe bowl, heating in 10-second bursts until melted. Peel and segment a grapefruit. Dip segments halfway into chocolate and set on a plate. Sprinkle with sea salt. \*Makes two servings

#### DINNER

#### Spice-Rubbed Pork with Sprout Slaw

Preheat oven to 400°F. Combine 1/2 tsp olive oil with 1/8 tsp cinnamon and ¼ tsp each salt, brown sugar, and chili powder; rub on a 4-oz piece of pork tenderloin. Roast until internal temperature reaches 145°F. about 15 minutes. Let rest. Whisk together 3 Tbsp grapefruit juice, 1 Tbsp olive oil, 1½ Tbsp minced scallion whites, and a pinch each salt and pepper. Toss with 1½ cups shredded brussels sprouts, ¼ cup shredded carrots, segments of ½ grapefruit, and 1½ Tbsp minced scallion greens until coated. Slice pork

and serve with slaw.

Belly-filling and musclekeeping your metabolism



#### **DESSERT**

#### Cinnamon **Hot Chocolate**

Combine 3/4 cup low-fat milk, 1 oz chopped dark chocolate, 1 cinnamon stick, and ¼ tsp brown sugar in a saucepan. Cook over mediumlow heat, stirring, until chocolate is completely melted, about 8 minutes. Remove cinnamon stick. and serve with a new cinnamon stick and a pinch of sea salt.

HAVE ON HAND ✓ Low-sodium soy sauce ✓ Brown sugar ✓ Plain Greek yogurt
✓ Scallions ✓ Cashews ✓ Sesame seeds ✓ Chili powder ✓ Bell pepper ✓ Carrots ✓ Low-fat milk

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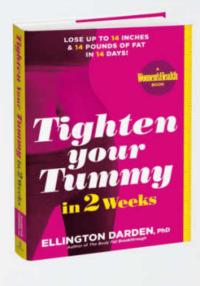
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A DV/EDTICEMENT

# Josh

## Holiday WISH LIST

Tis the season for awesome indulgences. Be sure to add these must-haves to your list of gifts to give (and get) this year.

#### Bring Josh Home for the Holidays

Winemaker Joseph Carr created Josh Cellars Cabernet as a tribute to his dad and hero. Like its namesake, it's bold, distinctive and a pleasure to gather around. This season, share a bottle of Josh with your friends and family.

JoshCellars.com



#### Introducing Maui Jim's Blue Hawaii Flash Lens

This new take on the Maui Jim's PolarizedPlus2™ lens technology features a blue flash mirror coating, eliminating glare and providing 100% protection from UVA and UVB rays. Now available in top-selling styles.

MauiJim.com



#### The New Microsoft Band

Microsoft Band helps you live healthier by tracking your heart rate, exercise, calorie burn, and sleep quality, and helps you achieve more with email, text, and calendar alerts at a glance.

MicrosoftBand.com



#### Give the Gift of Fuller Hair

This holiday season, wrap up something that matters. With just three short, easy sessions per week, FDA Cleared NutraStim 12 Laser Hair Comb stimulates hair growth while strengthening what's already there. Even better: If it doesn't work after 6 months, we'll give you your money back.

NutraStimHair.com



#### **Cover Exclusive**

t's the asscrack of dawn on a Monday. Most people conscious at this time of day are IV'ing coffee and posting memes of grumpy cats on Instagram with captions like, "What's that stench? Oh, Monday." Not

Natalie Dormer. The star of *The* Hunger Games: Mockingjay, Part 2 just flew in to La-La Land from London and—despite jet lag in the first degree—is a bundle of energy and light. In fact, she's one of the earliest to arrive for her shoot at DogTown CrossFit gym, wearing a long, charcoal-gray cotton dress, a beanie, and Ray-Bans. "Oh my god," the native Brit jokes in a perfect Valley Girl accent. "I'm suh L.A.!"

We beg to differ. She may have the look down, but that's pretty much the only thing about Natalie that fulfills any sort of Hollywood stereotype. Rather, the 33-year-old is refreshingly unfiltered with a shocking ability to relinquish control. Case in point: Just as Natalie's really getting into the groove-posing and flexing to the beat of Jessie J's "Domino"—out pops her right boob in full #freethenipple glory. Does she get in the photog's face and demand that he delete every tit-tastic frame as she watches? Nope, she throws her head back, laughs heartily as she tucks herself beneath her black cropped tank, and continues mugging for the camera.

Okay, so maybe she's delirious. You can't blame her-the second this shoot ends, Natalie will hightail it back over the pond to film season six of the Emmywinning HBO series Game of Thrones (she plays saucy Queen Margaery Tyrell, for the GoT uninitiated). We know, we know: Cry major tears for the in-demand starlet! Relax, Natalie isn't making any excuses; she's too busy pinching herself to complain. "I've had so many incredible experiences," she says amusedly, still coming to terms with her success. "It's actually kind of hard to believe."

Believe it, woman. Her romantic features-ethereally pale skin, sparkly







blue eyes, and adorably lopsided mouth—may have made her a shoo-in for historical dramas like Casanova and lusty Showtime series The Tudors, but Natalie's never been content to play the periodpiece "honey pot" (at this point, she could do it in her sleep). Starring as propaganda director Cressida in the Mockingiav films was a big step in catapulting herself out of that corseted life and onto Tinseltown's A-list. Now she's landed two more leading film roles, and there's not a Machiavellian prince, plunging neckline, or woe-is-me maiden in sight. In horror flick The Forest (out in January), Natalie portrays a sister on a take-no-prisoners mission to find her disappeared twin (inside Japan's infamous suicide woods, no less); and in the dystopian thriller Patient Zero (slated for next fall), she's a gutsy virologist tasked with saving the world from a zombie-like pandemic. "It's been very gratifying," says Natalie of her career evolution thus far. "I was ready to challenge myself and shake it up a bit with roles that required additional concentration and exploration from me."

One thing she's less satisfied with? The increasingly limited amount of time she's been able to devote to her best friends and family, many of whom live back home in England. "I just try to be present for the people I really care about when I am around," she explains, noting that she's walking her cousin down the aisle later this year (but planning on wearing pants, in a respectful effort to not upstage the bride). "They're important," she continues. "They were there for me when things weren't great and I wasn't working. I don't want them thinking I'm becoming a twat."

Yep, she just said twat, clarifying that in England, the word is used more in the "douche bag" sense rather than as vulgar slang for "vagina." Not that obscenities bother her. Natalie has a reputation for being blunt and speaking her mind, even if it gets her into a little bit of trouble. "Some people have misinterpreted my curiosity, my straightforwardness, as an overconfidence-maybe verging on arrogance," she says. "I'm loquacious, but not because I'm trying to thrust my ideas on everybody. I'm opinionated because I want to have the debate." After all, as Natalie sees it, life is too short for bad wine, bad coffee, and bullshit, #PREACH

## You don't go, 'This is a great girl role' or 'This is a great boy role...' It's just, 'This is a great role.'



#### You want hot topics? You want real talk? You want Natalie on...

#### THE "F" WORD

As in feminism. Natalie has publicly called out fellow female stars, including Taylor Swift, who reportedly dodged the issue when initially asked. "She's a phenomenally brave and intelligent artist, as well as individual," Natalie says. "She has a massive following, so [in 2012] when she was like, 'I don't really think about things as guys versus girls,' I was like, 'That means you are a feminist because you're saying [gender is] irrelevant.' The dictionary definition is 'equality.' If you believe in equal pay, if you believe in the right to vote for women, and you believe in equality in all social standing, you're a feminist." (Hold your ire, Swifties-Natalie knows Tay has come around.)

#### **SEXISM IN HOLLYWOOD**

Natalie's goal in her career is the same as in life: to have gender be a nonissue. "You don't go, 'This a great girl role' or 'This is a great boy role.' It's just, 'This is a great role." Her rugged Mockingjay character, Cressida—with her half-shaved, tattooed head and military-issue body armor—is a killer example. To prepare, Natalie and several costars underwent SWAT training: "We spent a couple days 'attacking' a house—running around, crawling, jumping, shooting semiautomatics," she says. Totally unglam, but as she points out, it's the kind of down-and-dirty work that evens the playing field for the cast, regardless of their genitalia.

In fact, Natalie believes The Hunger Games—and specifically heroine Katniss Everdeen—has had a real impact on what she calls the "slow revolution" from female roles that embody either angel or whore to more nuanced characters. Of costar Jennifer Lawrence (they "lived in each other's pockets" over the nine months they shot Mockingjay in Atlanta, Berlin, and Paris), Natalie says, "Her journey as Katniss is a message about what can be achieved by a female protagonist."

#### GoT's MISOGYNY

Natalie has jokingly lobbied for "more dick" on the notoriously boob-and-vag-heavy Game of Thrones, but that's the most criticism she'll ever have for the show, which was slammed last season over (huge spoiler alert for folks still working their way through the series) the rape of Sansa Stark and the full-frontal walk of shame Cersei Lannister had to endure.

Many fans threatened to abandon GoT. "It's impossible to shoot that kind of subject matter without enraging or upsetting people," Natalie argues. "That is the creature of Thrones. It grabs those unpalatable themes with both hands." If fans are so pissed off, Natalie has one message: Do something about it. "Let's make the conversation constructive as opposed to having a sensationalist uproar,"

she says. "Everyone was so upset because the rape happened to such a beloved character. There are beloved people out there that this happens to, and it's horrific."

Natalie does her part to spark change; for one, she's involved with Plan U.K.'s "Because I Am a Girl" campaign, which combats issues like female genital mutilation and underage forced marriage. Of course, Natalie is well aware that her GoT character ascended to power by wedding a child (it's fiction, people). Besides, the last we saw of wily Margaery, she was rotting away in a jail cell-karmic retribution. Not that she's in there for the long haul. "She's found an interesting way to get herself out of the situation," the actress teases.

#### **COMFORT ZONES** AND BUCKET LISTS

Natalie has found ways to MacGyver herself out of crappy scenarios IRL. To get over her last breakup, she sky-dived out of an airplane. "I was like, 'I'm so numb! I need to do something to feel again!' Then when I was standing by the door of the plane, I'm going, 'I don't feel numb anymore!' It was too late, so I jumped," she says with a grin.

Her current love life is much more grounded: She's engaged to director Anthony Byrne. "He's never directed me in a movie." she admits. "That's on my bucket list. I am desperate to work with him in the very near future." Speaking of the very near future... How about that marriage thing? "Oh dear," Natalie says, then laughs for what seems like six years. Perhaps only metaphorical jumps scare her.

#### **TRIPLE THREAT!**

You might think Natalie approaches everything-exercise included—with a certain intensity. You would be right. Intel on the workout that centers her, the one that fuels her, and the one that has her reaching.

#### YOGA

One of her go-tos, she'll try just about any style (whatever is nearby), but she often favors Hatha for its restorative, holistic sensibility. "Anywhere, anytime, any day," she lists like a mantra.

#### RUNNING

At press time, Natalie was already training for the 2016 New York City Marathon. (Inside tips: Music is everything for her when running. She likes Haim, Rihanna, Lady Gaga, Madonna.) While the goal of beating her previous time of 3:50:57 at the London Marathon motivates her, she's driven by an even loftier finish line: "Next year, I'm running for a great charity, Team for Kids, that promotes physical education among young Americans," she says.

#### MOUNTAIN CLIMBING

The avid hiker has Peru's Inca Trail and Tanzania's Mount Kilimanjaro on her to-conquer list. "It'd be cool to do it with a group of people for charity," she says of the latter. "But you need to take three weeks out of your schedule."



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## IMAGES (HURDLERS); COURTESY OF SUBJECT (HOWES)

## Let Me Help You... Overcome Obstacles

The path to chasing your dreams is often paved with roadblocks. Four smart strategies can help you pick vourself up, dust vourself off, and succeed.



Lewis Howes

is an entrepreneur and author and a former pro athlete. His new book, The School of Greatness is based on his popular podcasts of the same name.

#### Be Held Accountable

When a few broken ribs ended my chances of being an All-American college football player, I asked my former track coach to train me to compete in the decathlon instead. She agreed, on the condition that I follow her strict training plan. That regime-and her constant check-ins-held me accountable, kept me from backing out, and helped me achieve my dream.

Find someone who can do the same for you. Stuck in a dead-endjob? A career coach (TheMuse.com has awesome advice on how to find one) can provide a map to your next gig. Want to run a 10-K? Ask a friend to text you every day to kick your butt out of bed.

#### **Develop Hustle**

After another injury—this time a broken wrist-ended my career as a pro arena football player, I spent a year broke, unemployed, and sleeping on my sister's couch. A friend suggested I check out a then-fledgling LinkedIn. I spent six hours a day learning to leverage the site, then reached out to connections. one by one, asking them to come to one of the sports industry seminars I was starting. Within three years, those events had become a seven-figure business.

Hustle is about grit, hard work, and perseverance, Sav you love cooking and want to start a food blog. Spend as much time as you can reading similar blogs, reaching out to



other writers, and creating posts. Half-assing it simply isn't going to cut it.

#### Plan Your Attack

I was petrified of talking to a crowd; to get better, I joined the public speaking group Toastmasters International. Frustrated with my slow progress, I wrote down a scary goal: Make \$5,000 for a speech within nine months. I achieved it and now regularly make upwards of \$25,000 for individual speaking events.

Specific goals give you purpose and direction. Think of three things you want to achieve in the next year. Then write detailed action plans for reaching them (and put them where you can see them every day). For example, if you want to lose weight, decide that in the next 24 hours you'll find a food plan that excites you, and that within three days you'll join a gym. Then schedule workouts for the next 60 days and put them on your calendar.

#### **Share Your Fears**

Three years ago I moved from New York to Los Angeles for a girl-who dumped me the day I arrived. I spent a year being pissed off. One day during a pickup basketball game, a dude deliberately headbutted me. I snapped and bloodied his face. I wasn't proud of it, but when I dug into what had really made me go postal, I realized that I felt disrespected and taken advantage of. It was exactly the same way I felt when I was abused as a childsomething I had locked inside for 25 years. Whoa. Talking to the people closest to me about what happened in my childhood helped me release my pent-up anger and deepen my relationships.

> We all have traumas. Finding a safe place to share yours can free you from negative emotions that may be sabotaging your success. Pick a close friend or family member, someone who has always had your

back in the past, and start by saying, "I have something I want to talk about with you, but I feel vulnerable opening up. My request is that you listen without judgment or defensiveness."



The School of Greatness (Rodale, Inc., publisher of Women's Health), available wherever books are sold. Sign up for Howes's Unleash Your Greatness Summit

(November 16-23)—a free online event featuring experts in entrepreneurship, nutrition, fitness, philanthropy, and more—at greatnesssummit.com.















## The Scariest Catch

By Anna Davies

Class, we begin our final session with a truth bomb from the Centers for Disease Control and Prevention: We're in the thick of an STD epidemic, with nearly 20 million new cases occurring every year in the U.S. (due in large part, experts say, to our swipe-right dating culture). What's more, gonorrhea is now a "superbug" that's proving resistant to traditional treatment. And perhaps most alarming, many doctors and health organizations are abandoning the term STD for STIsexually transmitted infection. "The word disease makes it sound like we're dealing with a clear set of discernible symptoms, and that's often far from the case," says Carolyn Deal, Ph.D., chief of the sexually transmitted diseases branch of the National Institute of Allergies and Infectious Diseases. STIs can be way more stealth, and if left ignored, they can lead to complications like pelvic inflammatory disease and even infertility. Scary? Sure. But your best protection is knowledge.

Crabs are insects that latch onto pubic hair. One STI that's, whew, not on the rise

#### Lesson One

#### SEX SO HOT...UNTIL IT'S NOT

(1) Time to
change your order to
water! A Canadian study
found that your likelihood
of having unprotected sex
rises 5 percent for every
0.1 milligram/milliliter
increase in your blood alcohol
level. That means after three
drinks each, Jack and Diane
are nearly 50 percent
more likely to have
unsafe sex.

(4) Diane, next time, pull protection from your own stash. Condoms kept in high, fluctuating temperatures, like a pocket or a medicine cabinet, are more prone to breakage. Rubbers also have expiration dates, so it's safest to use one that you know is supa-dupa fresh.



President of Sapphire Women's Health Group in Chester, New Jersey

### FEMININE PROTECTION

#### "WTF is a female condom, and how does it work?"

This synthetic nitrile pouch (available at drugstores) has a ring on each end that you insert into your vagina for pregnancy and STI prevention. It's ideal for women with latex allergies, and it can be inserted up to eight hours before sex. Disadvantages? Like a male condom, it may cause genital irritation or reduced sensation.

A dreamy date that leads to wicked-hot nooky? Get it, girl! But make sure that angel on your left shoulder is cutting in at the right moments. To prove our point, here's a little ditty about Jack and Diannnne...

Diane shifts in the velvet banquette, leaning forward so Jack can catch a glimpse of her cleavage peeking out from her deep V-neck dress. "You want another?" Jack asks, nodding to her nearly empty wineglass.(1) Diane drains her Sancerre, then pulls Jack toward her, feeling his stubble against her neck. "Let's go home," she purrs. "You're so hot," Jack sighs, toying with the straps of her dress as they tumble into a cab.(2) Diane flings open the door of her apartment. As she trails her hand down his chest and hooks her fingers on the waistband of his jeans, Jack dims the lights.(3) He begins rubbing his hands over her curves, and Diane moans. "I have a condom," Jack breathes roughly, pulling one from the pocket of his jeans.(4) She eyes his erection and licks her lips. "First, this," Diane says, sinking her knees into the soft carpet, adrenaline coursing through her veins. She wants this. She wants him. (5) Jack grunts, flipping her onto her back, licking down her stomach. Diane writhes in pleasure. "I want you now..." He rolls the condom on and thrusts into her, hitting Diane deep in her center. He thrusts again as their eyes lock, her body tensing with anticipation for the orgasm she knows is about to flood through her. "That was amazing," Jack pants, trailing his finger on the curve of her jaw. Diane nods, loving the feeling of him still inside her. (6) As she drifts into a state of utter relaxation, Jack rolls off her, dropping the condom in the knot of sheets between them. "When can we do that again?" she whispers. "Whenever you want." He rubs her back and grins devilishly.

Sources: Barbara Dehn, R.N.P., nurse practitioner and author of Nurse Barb's Personal Guide to Pregnancy; Oluwatosin Goje, M.D., gynecologist at the Cleveland Clinic; Jessica Ohlemacher, ob-gyn at Complete Women's Care Center, Houston (2) She's got to talk health history. According to a survey by adult store Adam & Eve, 25 percent of people don't tell their partner that they have an STI. No doubt it's a pause button in the fun, but the convo doesn't need to be lengthy: "I'm really excited, but before this goes any further, I need to know the last time you were tested for STIs. I was tested in September; the results were negative."

(3) Shame—Diane should've said she likes it better with the lights on. That way she could do a quick visual analysis of his package: Pimple-like bumps or a red, scaly rash can help signify an STI, which he could transmit even without having intercourse with her.

(5) Put the
condom on before
the BJ. STIs like
gonorrhea, herpes, and
syphilis can be transferred
from oral-genital
contact. But when used
correctly, condoms
are "highly effective"
against them, according
to the CDC.

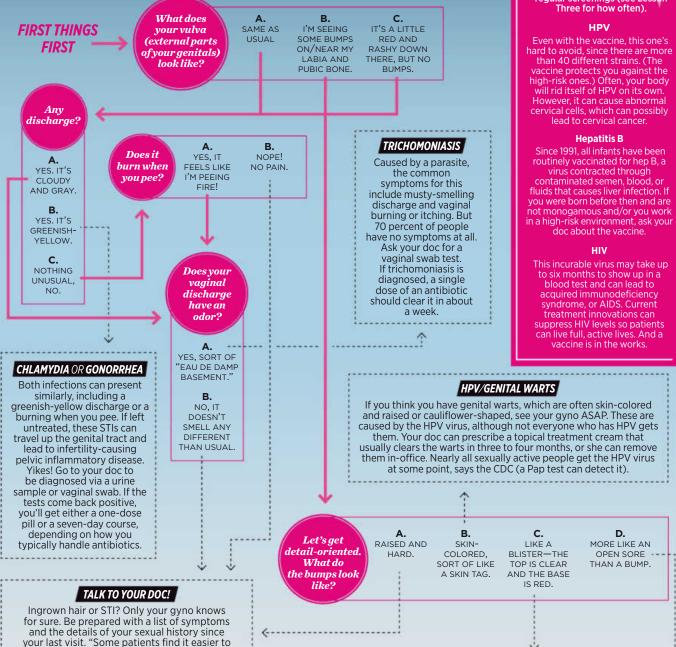
(6) Nah, Jack! Once he's climaxed, he's got to pull out ASAP. Staying in place sans erection could cause ejaculate to leak from the condom, leading to possible STI exposure.

(7) Um, ew?
Wrap it in a
tissue and throw
it in the trash.
There's a teeny,
tiny, microscopic
chance an STI
can be caught
from handling a
postcoital love
glove. Plus, it's
just proper
manners.



#### OLLOW THAT SYMPTOM!

What warrants a gyno visit? Any abnormal discharge, foul-smelling odors, bumps, or iffy changes in your lady parts, says Oluwatosin Goje, M.D., a gynecologist at the Cleveland Clinic. Until then, what may be turning your down-below into Funkytown:



#### SYPHILIS

Symptoms may include a single, painless sore or rash—and while it may disappear on its own, the underlying infection needs to be treated. If it isn't, and the progressively worse signs (like sores all over your body) are ignored, syphilis may spread to major organs like your heart and brain, causing much more serious problems. A blood test will detect it, and one round of penicillin or antibiotics will treat it.

ot be regular screenings (see Less

#### **GENITAL HERPES**

Caused by the HSV-1 or HSV-2 virus (though it's most often the latter), below-the-belt herpes sores look pimple-like or fluid-filled, can be painful, and can crop up on the inside of the labia. While it's not "curable," oral pill treatments (such as Valtrex, Famvir, or Zovirax) can help keep outbreaks dormant. And right now, researchers are working on a vaccine.

read from a piece of paper," suggests Barbara Dehn, R.N.P., a nurse practitioner in Mountain View, California.

## I'M READY FOR MY SEX TEST, DOC!

Precisely how often you should be getting in those cold, hard stirrups, and what you should be asking your gyno to test for.

#### SEXUALLY ACTIVE, WITH MULTIPLE PARTNERS

First, be honest about your number, says Alyssa Dweck, M.D., an ob-gyn in Westchester, New York, and assistant clinical professor of obstetrics and gynecology at the Mount Sinai School of Medicine. If you've had several bed partners this year, your gyno may recommend coming in for a test after every new hookup buddy, or at the very least, biannually. During each of these visits, you should be screened for gonorrhea, syphilis, chlamydia, trichomoniasis, and HIV.

#### SEXUALLY MONOGAMOUS WITH ONE LONG-TERM PARTNER

If your results are normal, the CDC advises a Pap smear every three years, which screens for cervical cancer and precancers. You can request that your doc screen for HPV, since she can detect the virus from the same cell sample (the virus can actually remain dormant for years). There's also no shame in asking for a routine battery of STI tests, since hey, you're already in the stirrups! "I have some married patients who routinely request an annual screening for all STIs. It's not that they don't trust their partner; it's for peace of mind," says Dweck.

#### PREGNANT. REGARDLESS OF PARTNER STATUS

Because it's possible to transfer STIs to your baby during pregnancy or delivery, your first trimester appointment should include tests for HIV, syphilis, chlamydia, and hepatitis B. (Your doc may also test you for gonorrhea if you're under 25 or live in an area where it's common. This particular infection has been known to spread fast, and doctors know the regions where there's a high prevalence.) Worried you may have contracted something mid-pregnancy? Tell your doc—an untreated infection can lead to complications like preterm labor, premature birth, or miscarriage. And treatment during pregnancy is completely safe.



Pack your safe-sex kit with these essentials, then go forth with zee humping!



#### **SUSTAIN ORGANIC** PERSONAL LUBRICANT

Some lube ingredients—like glycerin, nonoxynol 9, and parabens—can irritate your hoo-ha, triggering microscopic tissue damage (which can make you more susceptible to catching STIs, says Dweck). Invest in an organic aid, like this aloe-infused one. \$13, sustainnatural.com



#### **DUREX PLEASURE PACK**

The best condoms? Ones you and your guy will actually use, says Dweck. This variety box promises different sensations, like extra sensitivity and intense friction. and there's even a tropical-flavor option. Hello, yummy oral party! \$10 for 12. amazon.com or at drugstores



#### **GOOD CLEAN LOVE** RESTORE MOISTURIZING VAGINAL LUBRICANT

Out-of-whack pH and lactobacilli (good bacteria) levels in your vag can cause bacterial vaginosis, a common infection that can up your STI risk by 60 percent. This moisturizer has been bio-matched to your bod to help restore them. \$20, goodcleanlove.com



#### Donnica Moore, M.D.

President of Sapphire Women's Health Group in Chester, NJ

#### SHARING ISN'T CARING

#### "Can I transfer a yeast infection to my guy or get one from him?"

Yes! While a yeast infection is not considered an STI, a man can get it from female partners (it could show up as itching or a mild rash on the tip of the penis). This is one reason we recommend abstaining from intercourse during treatment for a yeast infection; the other is that it could be uncomfortable for both of you. You can use a prescription or OTC vaginal treatment cream, or your doctor can recommend a singledose oral prescription medication to clear it up. Even still, it's best not to have sex until your symptoms subside.



Healthvana, a free iPhone app (already being used by the national AIDS Healthcare Foundation), sends both you and your doctor your STI test results the instant they're ready. Your doc can tell you what to do next right through the app.



### with... James McAvoy,

36, star of *Victor* Frankenstein

Do opposites attract? Why do we go for the opposite? Because when two people complement each other, like filling in the blanks like a jigsaw, that can be quite satisfying. But at the same time, I think it can be really comforting

to be with someone who's just like you too. There are things [my wife and I] can connect over and there are things that we absolutely clash over as well.

Where do you take your wife when you want to impress her?

A really nice long walk in some beautiful, deserted part of the wilderness. Yeah, and maybe with a chance of wildlife around us.

Is there anything you're insecure about? I'd like to be a better football [soccer] player. I love it. I've played it every weekend for my entire life and I'm still sh-t at it. That's kind of it. I'm my own in my own skin.

The craziest thing you've done for love is

Probably fight people. [WH: Like bar fights?] Yep. It's silly, it's always unnecessary. I've never found that women that I've been with have ever said, "Thank you for doing that." They might have said, "Thank you for caring," but usually it's like, "Why are you being such a dick?"

What's your first thought when you wake up in the morning?

> Jesus Christ, it's f-cking early. We get up very early in our home. Like 6 o'clock, 6:30, because of our little boy [his son, Brendan, is 5]. It's not all bad, but sometimes you're like, Jesus, wow.

> > -Faye Brennan

#### Fast Talk

- > Long hair or short? Long.
- > Makeup or natural? Both.
- > Guilty pleasure? Science fiction.
- **Dream city?** A cross between Montreal and New York.
- > Favorite shower song? "Ship to Wreck" by Florence + the Machine.
- > Desert island must-have? Does it need to be practical, like a rain catcher? Anything I want? I'd like to have a dolphin that hung out with me and catered to me and took me swimming.

## CRAFTED IN SMALL BATCHES WITH ORGANIC INGREDIENTS.



## CAN A BAG BRIGHTEN THE FUTURE? MINE CAN.



Elizabeth Wagner, High School U.S. History Teacher



## HOLIDAY GIFT GUIDE

# Public Displays of Affection

We're returning PDA to its rightful owner: The Holidays. Because there's no better time to show people (your fam! your guy! your crew!) how much you love 'em. Come window shopping with WH for fantastical inspiration that'll wow everyone on your list. No shame in that game.

## THE NOVELTIES SHOPPE



DIY'ing nut milk?! Who knew? This kit will have your fave foodie brewing almond, soy, hazelnut, cashew, coconut-pretty much any variety of the nutty stuff. CoffeeSock DIY Nut Milk Kit, \$25, rodales.com\*





For your big-thumbed dad who hates touch screens, this gadget (which connects to his smartphone or tablet via Bluetooth) laser-projects a full-size keyboard onto any flat surface. Type away, Pops! Epic Qwerty Projection Keyboard, \$150,

modaoperandi.com

Wine. Cheese. Undies? Yep, it's the new club of the month. Anyone who likes coverage of ye olde bottom will want in on this auto delivery.

MeUndies, \$14 per month, meundies.com



Teeny tattoos are all the rage, but for those who want the look without the commitment, we give you: temporary face and body stamps in cute shapes!

Jane Cosmetics Selfie Stamps, \$9 each, janecosmetics.com



that ancient

gem, which casts

your smartphone

screen onto any blank wall. (Aunt Doris won't know what hit her.)

Projector,

goods.com

\$32. uncommon

Got a bud who just bought a house? Save her decorating dramz with this nifty online service: a personal room designer based on her style and space. Nice price!

Havenly, \$199 per room, havenly.com. Use promo code WOMENSHEALTH to receive \$25 off your next design project.



Yo, ski bunnies! There are gel microcapsules embedded in these neckwarmers. When rubbed, they release moisturizing vapor to heat skin.

Roxy x Biotherm Enjoy Care Neckwarmer, \$25, roxy.com





This chic bracelet holds hair elastics all incognito on your wrist. (Get it engraved for an extra \$20.)

**BitterSweet** Original Design Rose Gold elastic bracelet, \$85, bittersweet.is



#### SWEET CHARITY

If there's a cause that's close to their heart, there's a present to hit the spot.

1/ Sparklepop Kitten Studs, \$21, sparklepop.com So squee! And all proceeds go toward food and supplies for no-kill animal shelters.





2/ Kiehl's Costello Tagliapietra Hydration Essentials Collection, \$29, kiehls.com Dry skin and cracked lips: gone. A million meals to needy fams, via Feeding America, done!



3/ Liberty United Winchester window pendant, \$95 to \$145, libertyunited.com Handmade with metal from firearms that have been seized by the po-po. Sales fund initiatives to reduce



4/ Bombas Socks, \$11, bombassocks.com More comforting than these socks? A homeless shelter gets a pair every time you buy one.



5 / Raw Trading Company Organic Cotton Flora Embroidered Tote, \$48. rodales.com

Tons of pockets and a tidy 8 percent donation to the World Wildlife Fund.





This cushy napping helmet (which, yes, looks like a prop from The Martian set) has one hole for your mouth and nose and two hand pockets, plus it muffles sounds. Your tired head can land anywhere! Headcase Desktop Pillow, \$100, amazon.com



 $Leather\ Emoji$ 

Stickers,

starting at

\$10 each, boostcase

.com

Those who celebrate the Festival of Lights can (Jurassic) park this mofo on their windowsill. Eight roars for Hanukkah!

Menorasaurus Rex, \$85, thevanillastudio .etsy.com

Because it makes good sense for Uncle Jesse and crew to front your makeup bag. Just in time for the second coming of *Full House* on Netflix next year!

Always Fits Full House Pouch, \$30, alwaysfits.com



Athleisure for those who consider chillin' a sport: a full bodysuit of coziness.

OnePiece women's Marble Jumpsuit, \$159, and men's Fast Jumpsuit, \$169, onepiece.com







Pete the pug doesn't want to pack on the festive five either. With real turkey and pumpkin, these are as clean as dog treats get.

Bocce's Bakery HolidayFeast Biscuits, \$15.50, bocces bakery .com



This teal ombré leash makes for a more understated pet-ccessory and comes in three adjustable sizes.

Found Leash, \$62, kemptonandco.com

Just because they eat on the floor (and sniff each other's butts) doesn't mean they don't deserve crystal dishware.

Jeffrey Banks Crystal Dog $and \, Cat \, Bowl$ Set, \$60, hsn.com



director's pooch, Charlie. Can you spot the real one?) Plush Cuddle Clones, \$179 and up, cuddleclones.com

Send in a pic of a pet and get its

stuffed look-alike. (The model

for this fella? Our creative



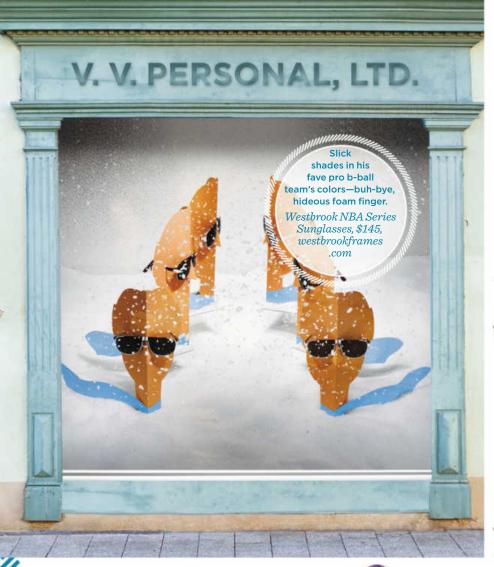
Not only can cat parents spy on Mr. Jingles from work on their smartphone, but they can play with him via a laser pointer too.

Petcube Interactive Wifi Pet Camera, \$176, amazon.com



Trendy dog owners get to make a fashion statement; their VIP (Very Important Pet) gets a comfy ride. The Super-Star Pet Carrier, \$99, lazybonezz.com





Race location, date, time, bib number: This custom plaque will give your fave runner or triathlete another finish-line high. Personalized Marathoner Map, \$42 and up, jhilldesign .com



For knitters and Shark Veek fans: a kit to make these shark mitts from scratch! Or buy 'em ready-made. ChristopherRaeburn xWool and the Gang Bruce **KnitMitts** kit, \$68, or Ready-Made, \$127, woolandthegang.com

How ever will your quirkiest pal make it through 5 a.m. boot camp? With the help of a unicorn, duh.

Goldsheep Space Horse Leggings, \$98, goldsheepclothing.com



Embroidered with the wise words of your choosing, this sturdy mat will hit the yogi in your life right at heart center.

Affirmats Custom Yoga Mat, \$110 to \$124, affirmats.com



For the Star Wars fan who has everything: six characters, tons of decorating options, infinite Chewie-pun potential.

Star Wars Gingerbread Cookie Cutters, \$20, hottopic.com



All cat-video freaks need these feline socks, like, right meow. Living Royal Cat Faces Ankle Socks, \$8, livingroyal.com



Glampers-4-Life
will love this
charcoal grill.
Light as hell,
fire-engine red,
with an ash
catcher to nix
any mess.

Kikkerland Portable BBQ Suitcase, \$85, kikkerland.com



Modern flats for the girl who hearts monounsaturated fats.

> Soludos x Jason Polan Avocado Espadrilles, \$75, soludos.com



Ask your Independent Eyecare Professional for Crizal No-Glare lenses.

To find one near you, go to Crizal.com

**RESISTS** 





smudge







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Live Life in the Clear®

## INSTA-BRAG & CO.







symphony of pretty for your face, in a kiss-smattered compact she'll want to whip out for touch-ups—or all her followers

YSL Kiss & Love Multi Usage Palette, \$95, yslbeautyus .com

the second second

This inflatable stand-up paddleboard will have watersporters posting it with their summer countdowns in 3, 2, 1...

Ten Toes TheNano 8' Inflatable Standup Paddle Board, \$478, tentoesboards.com



Let your work wife who loves smoky eyes nerd out with an insane Urban Decay Naked shadow arsenal, including the smokin' new Smoky palette.

Naked Vault Volume II, \$165, urbandecay.com





These gold kicks look just as amaze with a black blazer and skinnies as they do with full workout gear. #ShineOn

Puma R698 x Vashtie G Sneakers.

Puma R698 x Vashtie G Sneakers, \$125, nastygal.com



Take one part Derek Lam's street-chic style, another part functional fabric, and what do you get? A stretch-satin jacket we're gifting ourselves—or Vaguebooking hints on FB.

Derek Lam 10C Athleta Uptown Funnel Neck Jacket, \$218, athleta.com



You better believe your attention-grabbing bestie will Insta herself in these glossy leggings, even if she's a total no-show at cycling class. SukiShufu Leatherback Long Leggings, \$140, sukishufu.com



No filter
needed for this
vibrant
gear—but she
may need
sunnies during
downward
dog.
Mara
Hoffman Yoga
Mat, \$98,
marahoffman
.com

Glittery snap-on headphone caps are a whole new kind of #fitspiration.

Frends x BaubleBar Helios Layla Headphones Set, \$175, baublebar.com



#### INSTA-BRAG & CO.

CONTINUED

#### 



When she's not wearing it all over town, she'll be posting this bag's many perks (It's a crossbody! It has extra fringe on the back!) all over social.

over social.

VC
Signature
Kilty Bag,
\$348,
vcsignature
.com



This cleansing brush features the late artist Keith Haring's iconic designs, which symbolize compassion. The rotating heads? They symbolize zero tolerance for clogged pores. Clarisonic Mia 2 Keith Haring Collection,

\$149 each, clarisonic.com

Beast mode has been officially activated.

Now the lifter on your list can grimace through squats alongside this dude.

Onnit Primal "Chimp" 36-pound Kettlebell, \$85, onnit.com



We've seen a lot of duffel bags in our day. But few as bragalicious as this color-blocked neoprene number.

Monreal London Tampa Sports Bag, \$650, monreallondon.com





Girls post engagement-ring pics. Guys flash their grommeted wrist metal. Tacori Monterey Roadster Vented Cuff, \$650, tacori.com





Whether she's hightailing it to CrossFit or brunch, her feet will be #onfleek with these suede kicks.

Derek Lam 10C Athleta 515 New Balance Downtown Sneakers, \$70, athleta.com

#### **BEER HIM UP**

#### What dude doesn't like a cold one? Shop these brewski-related presents by relationship status, then cheers your twosome.

#### 1/ PRACTICALLY JUST MET

A small purchase to keep his lager icy cold, this plastic mold fits in any standard bottle. Corkcicle Chillsner, \$30 for two, corkcicle.com



#### 2 / DATING FOR A FEW MONTHS

You two are inseparable. Enter: a glass that allows for two brews to be enjoyed at once. Dual Beer Glass, \$35, pretentiousbeerglass.etsy.com



#### **3/** TOGETHER FOR A FEW YEARS

This beer-pong board has catapults for the balls, which never roll far from the board thanks to their tethered strings. Because dirty water cups are for boys; this set is for men! Mini Beer Pong Table, \$75, uncommongoods.com



#### 4/ ENGAGED

You've got him wrapped around your finger, so let him wrap his favorite sips around his bod. This over-the-shoulder holder can carry five cans of froth in its insulated sleeve. Burton Beeracuda, \$20, burton.com

#### 5/ MARRIED

A dapper husband deserves a pair of cuff links that are just as resourceful as he is. These silver studs double a bottle openers. CuffLinks, Inc. Bottle Opener Cufflinks, \$50, cufflinks.com ■



## HOW OPPOSITES ATTRACT - BY DESIGN



On sale now wherever books and e-books are sold

You can't help what objects you fall in love with. But can you make that trendy new lamp jibe with your grandmother's heirloom dresser?

The fabulous Beekman Boys answer with a resounding "Yes!" in their new book, **Beekman 1802 Style**. Through stunning photographs from Country Living magazine, the boys illustrate their unique home design tips and tricks for mixing high and low, East and West, indoors and outdoors, traditional furnishings and sleekly modern elements, and more! You'll learn how to create the living space of your dreams.

A CountryLiving Book









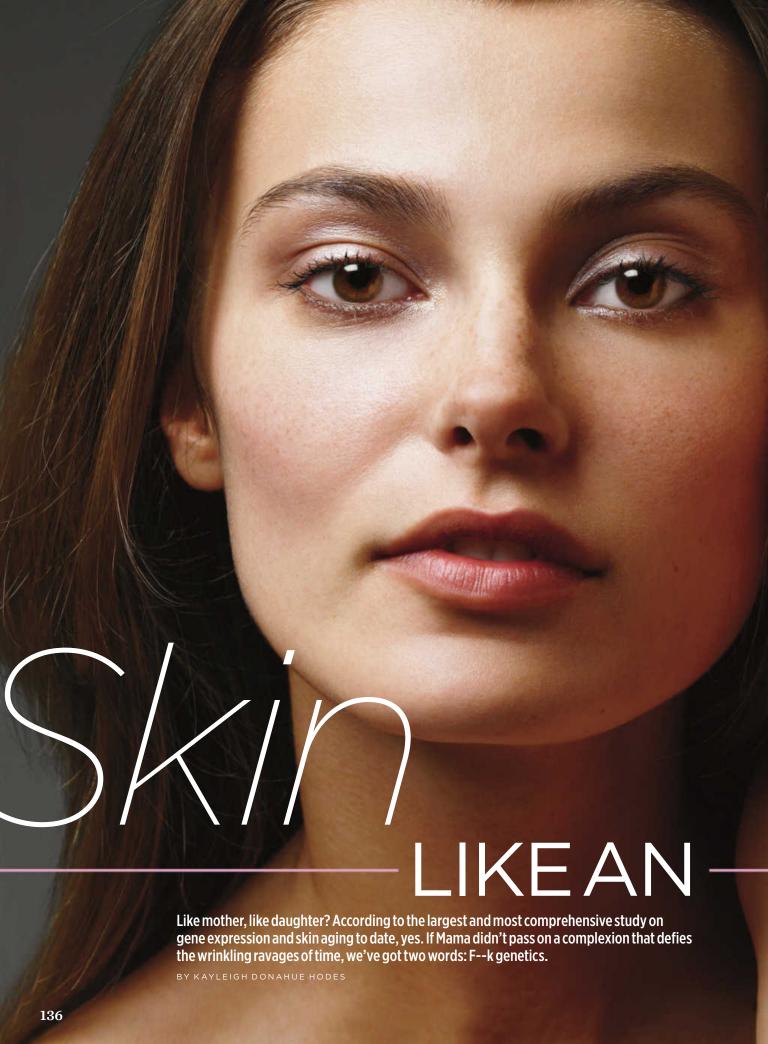














#### ONE >> MIMIC GOOD GENES

he first generation of genetically inspired skin products is quite possibly sitting in your medicine cabinet already. In a test of cells under the microscope, researchers at Olay found that from their study and in vitro tests, the combination of four of their ingredients—dill extract, olive-oil fatty-acid esters, niacinamide, and an amino-peptide—could activate more than 50 percent of the same gene-expression pattern of those exceptional skin agers. What this means for you: Slap on some Olay Regenerist Micro-sculpting Cream (\$26, olay.com), like, now. "This opens the door for companies to start testing all of their ingredients against these gene-expression profiles to try to create products that can turn on good genes and turn off bad genes," says Joshua Zeichner, M.D., director of cosmetic and clinical research and an assistant professor of dermatology at Mount Sinai Hospital in New York City.

#### BOOST ENERGY < TWO

h, your thirties. Love life in full swing, career in overdrive, skin cells sputtering along. Huh? Yeah, it's in this glorious decade that your mitochondria (the skin cells' powerhouses) stop running correctly. "Just like how your car needs an oil change to make sure it's burning gas efficiently, your cells are in need of that same kind of tune-up," says Zeichner.

There are a few reasons this happens. The first one is obvious—you're getting older, sister! "It's not just the skin's mitochondria that do this, it's your whole body's," says Zoe Draelos, M.D., a consulting professor of dermatology at Duke University. "But skin is unique in that it has that intrinsic aging process occurring, and it's also the only organ in the body in constant contact with the outside world, so it's fighting off environmental agers like free radicals and UV damage simultaneously." Womp.

Our pal niacinamide to the rescue again! It is a powerful anti-inflammatory, plus "we know it can also help increase energy production in cell cultures under a microscope," says dermatologist Leslie Baumann, M.D., founder of Baumann Dermatology Clinical and Research Institute in Miami. Try La Roche-Posay Pigmentclar Serum (\$53, ulta.com). Similarly, resveratrol, an antioxidant from grapes, has a possible link to mitochondria activity, says Zeichner.

Try SkinCeuticals Resveratrol B E (\$152, skinceuticals.com).

#### THREE > > MIND YOUR INNARDS

t's what's inside that counts, Mom always said. Shoulda listened:
Scientists are starting to connect biological age—the actual rate at which our organs are aging internally—with external appearance. One study found that people who had a lower risk of developing cardiovascular disease looked on average two years younger than their age. More proof: In a recent Duke University study, "we found there were people who were aging internally at a rate three times faster than their peers, and those same people were also perceived to look older," says lead researcher Daniel Belsky, Ph.D., an assistant professor of medicine at Duke University School of Medicine, Division of Geriatrics.

Unfortunately, you can't reach inside and slap moisturizer on your arteries. So: Stop smoking! Keep cholesterol and blood pressure down! (Small doses of moderate exercise—10 to 20 minutes at a time—can reduce blood pressure.) Eat a balanced diet! (There's evidence that having oatmeal for b'fast lowers both blood pressure and cholesterol.)

#### **FOUR v v**

#### MAKE USE OF YOUR REMS

ell division
is at its peak in
the middle of the
night, Zeichner
says. "You want to
use ingredients
like glycolic acid or
retinoids, which
stimulate that cell
turnover, at a time
that's going to take
advantage of what's
naturally occurring,"
he says. Before bed,
rub on Philosophy

rub on Philosophy Ultimate Miracle Worker Night (\$80,

philosophy.com) to help even out tone and texture. Since acids and retinoids can dry out skin, follow with a moisturizer that contains the humectant glycerin, such as Neutrogena

Hydro Boost Water Gel (\$19, at

drugstores). Add in a cool-mist humidifier and leave it on overnight and "you should notice your skin is more supple and plump-looking in the morning," says Whitney Bowe, M.D., a clinical assistant professor of dermatology at the Icahn School of Medicine at Mount Sinai.

#### Another Reason to Have Your Skin Game On Point

People who say they feel younger than they are experience quite a few perks over their peers who say the opposite: They tend to have better memories, can learn and process things faster, are physically more capable, and achieve more success at work. Bam! If you have an "I look old" mentality, improve your skin to improve your attitude. "We look in the mirror every day, so there's a constant connection between whether we've taken care of our skin and how it looks and how old we start to feel," says Amy Wechsler, M.D., a clinical assistant professor of dermatology at SUNY Downstate and an adjunct clinical professor of psychiatry at Weill Cornell Medical College.

#### FIVEVV

#### VISIT THE DERM

ou can't erase those days you "laid out" in your teens and twenties, says Zeichner, "but you certainly can help soften the effects." What will make the biggest difference? An in-office resurfacing laser like Fraxel. "It can undo sun damage, not only preventing skin cancers but also minimizing the appearance of wrinkles and prominent pores," he says. Even one treatment (around \$1.500) will help, but he recommends doing three to eight spaced four to six weeks apart.

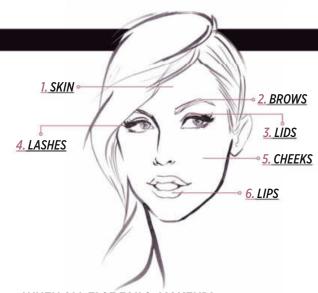
Hyaluronic acid fillers are another option: Studies show they plump skin immediately and also stimulate your natural collagen synthesis for longterm wrinkle smoothing, says dermatologist Amy Wechsler, M.D. One visit runs around \$500, but the effects can be lasting: six months to a year with Restylane (for moderate wrinkling), and up to two years with Voluma (a deeper injection for significant wrinkles and volume loss).

#### v v SIX

## SPRAY THROUGHOUT THE DAY

ow's this for crushing your holiday cheer: A recent survey conducted by Kiehl's showed that women felt their skin looked five years older by the end of the day. Experts aren't surprised. "I personally have seen patients look older as the day goes on," says Bowe. The culprit? Dehydration. "We hydrate our skin in the morning, then our skin spends the rest of the day losing moisture to the environment, especially if we live somewhere dry," she says. Even though it's just a temporary effect, who wants to end a day looking shitty? Not us. Here's our advice: Move to a climate with "modest humidity," like San Diego. Too dramatic? Fine. Instead, get yourself a spray containing moisturizers like hyaluronic acid and botanicals; try Honest Beauty Elevated Hydration Mist (\$16.

honestbeauty.com). You can apply it throughout the day on top of your makeup to keep skin dewy.



#### WHEN ALL ELSE FAILS: MAKEUP!

Drooping eyes, sallow skin... Nothing a little strategic liner and blush can't help. We asked Tricia Sawyer, Robin Wright's makeup artist on *House of Cards*, for all her secrets.

#### 1/SKIN: DITCH LOOSE POWDER FOR PRESSED.

"I find that getting rid of shine with a big, fluffy powder brush and a pressed powder can set the makeup but is less likely than loose powder to settle into those fine lines we don't want to emphasize," says Sawyer. Her pick: M.A.C Mineralize Skinfinish (\$32. maccosmetics .com).

#### 4/LASHES: FATTEN THE LASH LINE.

"As lashes get thinner and lighter, they look less dense and the eyes aren't as defined as they used to be." savs Sawyer. After applying mascara, use a liquid liner to dot in between lashes at the base to craft fullness. Try Clinique Pretty Easy **Liquid Eyelining** Pen (\$19.50. clinique.com).

#### 2/BROWS: BEEF 'EM UP!

"As women age, their brows become sparse, so filling them in will create a more vouthful look." says Sawyer. With a brow pencil one shade lighter than your hair color, use short, hairlike strokes to bulk up meager areas. Try Maybelline New York **Eye Studio Brow Precise Shaping** Pencil (\$8. at drugstores).

#### 5/CHEEKS: RETHINK BLUSH PLACEMENT.

"As we age, we get thinner in the face, and applying blush on the cheekbones to the temples can accentuate this even more," says Sawyer. Instead, lightly dust warm peach or rosy pink on the apples of your cheeks. Try **Kevyn Aucoin Pure** Powder Glow in Dolline (\$37. barnevs.com).

#### 3/LIDS: APPLY SHADOW PROPERLY.

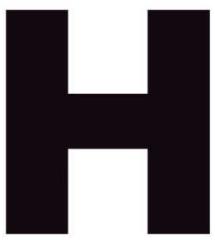
"Some women extend their eye shadow out too far. which drags the eye downward," says Sawyer. Find the best stopping point by holding a brush handle along your nostril and connecting it to the outer corner of your eye and brow-the shadow should not go beyond there.

#### 6/LIPS: EMBRACE LINER.

Trace right along the edge of your lip to "add fullness without looking overdrawn," says Sawver, Choose a nude that closely matches vour natural lip color, no matter what lipstick shade you plan to use afterward. **Try Origins Automagically Lip** Lining Pencil (\$18. origins.com).







er symptoms were sudden and severe. Drew Ramsey's 35-year-old patient had always been fit and active, but her energy had flatlined. When she

did manage to drag herself to the gym, it didn't help. She felt anxious and was often on the verge of tears for no reason, even when she was with friends. Worst of all were her panic attacks, a rare occurrence in the past but now so common that she was afraid of losing her job because she had trouble getting out of bed, and she'd become terrified of taking the New York City subway.

Ramsey, a Columbia University professor and psychiatrist with 14 years of experience, wanted to put her on medication. His patient demurred. She was so conscious of what she put in her body, she'd even given up meat a year ago, having heard about all the health benefits of vegetarianism. So Ramsey prescribed something else: grass-fed steak.

It may sound like an episode of *House*, but Ramsey had a hunch. He'd seen a dramatic link between mood and food before (he even researched it for his forthcoming book *Eat Complete*), and guessed that his patient's well-intentioned meat-free diet was the very thing causing her mental deterioration. Sure enough, six weeks after adding animal protein back onto her plate, her energy rebounded and her panic attacks dropped by 75 percent.

Her case is far from unique. "I hear from vegetarians every day; they have this terrible depression and anxiety, and they don't understand why," says Lierre Keith, author of *The Vegetarian Myth*. "People think they're eating a beautiful, righteous diet, but they don't realize there's a potential dark side."

It's true that many of America's estimated 8 million vegetarians are drawn to the diet's promise of a healthier weight, heart, and planet. They pass on beef, poultry, and pork, unaware that a growing body of research suggests a link between going meatless and an elevated risk for serious mental disorders.

#### **GARDEN STATE**

Paleo aside, it's been decades since meat eating has been considered truly healthy. Practically every day, it seems, a new study emerges showing that vegetarian diets are the key to everything from shedding pounds to beating cancer. One group of California researchers even found evidence that ditching meat can tack more than three years onto your lifespan.

The plant-based love has gone well beyond medical opinion—it's become part of a cultural shift. Some 29 million U.S. adults now take part in Meatless Monday. Amazon alone has more than 7,000 vegan cookbooks in its inventory (60 of those are best sellers). Open Table has scores of "top restaurants for vegetarians" lists, highlighting star chefs experimenting with zero-meat meals. Even chains like Wendy's and White Castle are grilling up veggie burgers.

It's tough to argue with the science—and with a movement that's been endorsed by everyone from Gandhi to Beyoncé. And it's natural to assume that peak mental health and a perpetually blissed-out attitude are just two more side effects of the glowing vegetarian lifestyle.

So it was startling last year when Australian researchers revealed that vegetarians reported being less optimistic about the future than meat eaters. What's more, they were 18 percent more likely to report depression and 28 percent more likely to suffer panic





Meat isn't always the devil.

attacks and anxiety. A separate German study backs this up, finding that vegetarians were 15 percent more prone to depressive conditions and twice as likely to suffer anxiety disorders.

Even the pros find the stats confounding in a chicken-or-egg way. "We don't know if a vegetarian diet causes depression and anxiety, or if people who are predisposed to those mental conditions gravitate toward vegetarianism," says Emily Deans, M.D., a Boston psychiatrist who studies the link between food and mood.

Most likely, says Deans, there's truth to both theories. People with anxious, obsessive, or neurotic tendencies might be more inclined to micromanage their plates (in one study, vegetarians had triple the risk of developing an eating disorder compared with meat lovers). Yet experts all agree that, regardless of where you rank on a scale of 1 to OCD, what you swallow plays a major role in what happens in your head.

"Food is a factor in mental health," says Ramsey. "We should be talking about it. You can't just make a sweeping change to your diet and expect it won't have any effect on you mentally."

#### **RISKY NUTRITION**

Quick: Name some "brain foods." Well, there's avocado. Olive oil. Nuts. Red meat? Not so much. Yet anthropological evidence shows that, long before we could choose to subsist on cashew cheese and tofu, animal flesh provided the energy-dense calories necessary to fuel evolving cerebellums. Without meat, we'd never have matured beyond the mental capacity of herbivores like gorillas.

Today, stronger brains are still powered by beef—or at least, by many of the nutrients commonly found in animal proteins. At the top of the list are B vitamins, which your noggin needs to pump out neurotransmitters such as glutamate; low levels of it have been linked to depression, anxiety, and OCD (sound familiar?). Similarly, meager levels of zinc and iron, two nutrients far more prevalent in meats than veggies, may manifest as moodiness—or worse.

## EAT YOUR FEELINGS

There's a simple equation for maintaining your mental well-being: If you subtract meat, add these good-mood foods.

B<sub>12</sub>. Even a small dip in this essential vitamin can cause fatigue and depression. Make up the difference with: Shellfish, low-fat dairy products, fortified cereals, eggs.

IRON. Women are particularly at risk for low levels (we lose a bunch via menstrual bleeding), which can spell sluggishness and anxiety. Make up the difference with: Beans, spinach, oysters.

OMEGA-3s. Research shows gobbling these vital fatty acids could halve feelings of pessimism and sadness. (They can also increase libido. Second helping, por favor!) Make up the difference with: Flaxseed, walnuts, wild-caught salmon.

TRYPTOPHAN. The stuff in turkey with calming benefits also helps produce your brain's primary feelgood hormone. Make up the difference with: Soybeans, mozzarella.

ZINC. Studies have found this mineral helps fight off the blues. Make up the difference with: Sesame seeds, pumpkin seeds, lentils, quinoa. "I've had vegetarians come in thinking they're having panic attacks when it's really an iron deficiency," says Deans. Without iron to help blood shuttle oxygen around, the brain gets less  $O_2$ , leaving it sluggish and more prone to misfiring. Then there's tryptophan, an essential amino acid found almost exclusively in poultry. Your body can't make it on its own and needs it to produce serotonin, a hormone that acts as the brain's natural antidepressant.

Some vegetarians inadvertently dig themselves in deeper by filling up on white bread, rice, and pasta; sugar-laden cereals; and cookies. This so-called carbitarian diet is free of meat but rich in problems, says internist Vincent Pedre, M.D., author of *Happy Gut*. "The resulting seesaw of blood sugar and hormone levels may lead to even more irritability, depression, and anxiety."

## MEAT IN THE MIDDLE

Of course, plenty of vegetarians never experience so much as a single mentalhealth hiccup, and savvy ones are able to eat around the aforementioned nutritional deficiencies (see "Eat Your Feelings," page 143). Clearly, it's possible to adjust to, even thrive on, a meat-free existence.

But quitting meat shouldn't be done cold turkey, cautions Deans. Consult a nutritionist or doctor beforehand, especially if you're susceptible to mood disorders or have a family history of them. Then cut down gradually. "Start using

meat as a garnish in a dish rather than as the main attraction," suggests Diana Rice, R.D., a dietitian in New York City. Other healthy ways to lean in to veggie-based eating: Scale back to just one meaty meal per day; nix meat only on weekends or certain weekdays; or practice flexitarianism—the term for when you eat meat only on occasion, or don't do meat but still eat dairy, eggs, and fish.

As you go, keep tabs on how you feel, physically and mentally. "Everyone responds to going vegetarian differently," says Rice. "Some feel amazing right away, some may feel the same, and some realize they're better off with a little bit of animal protein in their diets after all."

Isabel Smith, 27, was one of the latter. Just like Drew Ramsey's patient, she was active and energetic and thought a vegetarian diet was the perfect complement to her health-conscious lifestyle. But after a few weeks sans meat, she found herself uncharacteristically weepy. "I was tired and frustrated and got upset more easily, especially over things that wouldn't normally bother me," she says. "I would find myself sad for no reason." Shortly after she started eating meat again, she noticed an uptick in her mood.

The twist? Smith is a registered dietitian. One who now understands personally what she studies professionally: Not everyone is cut out for a life without meat. For many people, it's crucial to realize that the emphasis in food writer Michael Pollan's oft-quoted advice to eat "mostly plants" shouldn't always be on the second word.

#### **RED DONE RIGHT**

Attention, carnivores! Satisfy your animal instincts without going hog wild, and you, too, can be the picture of health.

SCARFING TOO MUCH RED MEAT can be just as unhealthy (worse, even) than chowing none at all, says Felice Jacka, Ph.D., principal research fellow at Deakin University in Australia. Her research shows that women who swallowed more or less than the recommended three or four palm-size (2- to 3.5-ounce) servings of red meat per week were twice as likely to suffer depression or anxiety than those who stuck to the guidelines.

MAKE THOSE SERVINGS COUNT by choosing beef from grass-fed cattle, whose meat has lower levels of cholesterol-raising saturated fats and higher levels of beneficial omega-3 fatty acids than conventionally raised cows. The leanest cuts include eye of round roast, sirloin steak, and top and bottom round roasts.

Search for options labeled "choice" or "select"—but stay away from "prime," which is usually riddled with fat.





The faux-meat biz—responsible for those pseudo-sausages and chicken-like nuggets crowding the freezer aisle—is raking in more dough than counterfeit purses on eBay. Annual sales hit \$553 million in 2012 and have only increased since, as companies race to create the perfect beef, bacon, and poultry that isn't. Clearly, we're hungry for change, but can these imposters ever measure up to the real thing?

A recent survey found that, of 11,000 people who went vegetarian, 84 percent reunited with chops and brisket-a third after fewer than three months. It seems humans are just hardwired to salivate over filet mignon.

Enter fake meats, which let you save your cow and eat it too. Well. sort of: These man-made proteins (many pack as much of the stuff as animal sources) mimic meat better than ever-though, like any processed food, they can harbor loads of sodium.

Us? Still skeptical. So we recruited Molly Watson, author of Greens + Grains, and meat-happy chef Miguel Trinidad, owner of Manhattan's Jeepney restaurant. With our editors, they chowed down on 25 meat substitutes from nine companies. At right, the most appetizing phonies. (Spoiler alert: "Appetizing" may be too strong a word for some.)

**BACON** MorningStar **Farms Veggie** Bacon Strips, \$4.49, at supermarkets



These soy-based sizzlers get an A for their realistic scent (just one reason bacon is known as a "gateway meat" for vegetarians). When cooked to a flexible, turkey bacon-like consistency (frying for longer ruins the flavor), they're perf in a breakfast sandwich.

#### **Molly Watson:**

"Tastes super salty, as it should. Like [dehvdrated] space bacon!"

WH: Probably not satisfying posthangover when vou're craving grease, but they're way lower in fat than pork bacon.

BURGER **Gardein The Ultimate Beefless** Burger, \$4.49, at supermarkets



This 130-calorie patty has less than a third of the fat of a beef burger but nearly as much protein (15 grams compared with 19). Extra points for some organic and non-GMO ingredients (soybeans, wheat).

Miguel Trinidad: "Overall, the chargrilled flavor isn't bad, but it does have a funky aftertaste.

WH: Looks and chews like the real thing, though it doesn't quite recreate the flavor that makes a burger so good. On a bun. with condimentslots of 'em-you might not be able to tell this isn't authentic.

3 GROUND BEEF **Beyond Meat Beyond Beef Beefy** Crumble, \$5.49, at



supermarkets

The newcomer company's pea protein-based products are all gluten- and sovfree. This crumble acts the healthysub part (all the protein of beef, half the fat)-though, like almost all ground nonbeef. it has some consistency inconsistencies.

#### Miguel Trinidad:

"It absorbs flavors nicely, so you can cook with it...but it turns to mush when you chew it."

#### Molly Watson:

"Like ground beef but without the iuiciness. There's some flavor, but it's mostly spices."

4 SAUSAGE Field Roast Italian, \$5.49, fieldroast.com for retailers



Eggplant, garlic, fennel, red wineall the extras you'd expect in an actual Italian sausage. That's why the soyless links scored high on taste but lower on texture

#### **Miguel Trinidad:**

"Have you ever had cheese curds so fresh they squeak? This has that same feel."

WH: Unlike with real sausage ingredients, nothing in this fake link sounds scary. Even if what's inside is slightly softer than expected, the Italian seasoning tastes legit.

CHICKEN Gardein Teriyaki Chick'n Strips, \$4.49, at supermarkets



The flavor of this soy-based bird wannabe (we tasted it sans terivaki sauce) comes close to real poultry-more spot-on, really, than whatever's in most fast-food tenders. The cooked strips look fairly genuine too.

Molly Watson: "There's no overpowering taste, so it's obviously meant to be eaten with a sauce. It doesn't quite pull apart like chicken, but it's not unpleasant."

WH: On its own. the "meat" can be a little spongy. It's moist, but not in the way real chicken is.

#### TEST-TUBE BABY BACKS

One hundred percent bona fide beef—without an actual cow? No, this isn't the plotline of a foodie The X Files. Scientists are now creating in vitro, or cultured, meats using animal cells and synthetic nutrients. The goal: authentic taste, texture, and appearance without any of the drawbacks of factory farming. Start-ups in three countries are hoping to bypass the slaughterhouse.



#### THE NETHERLANDS

Two years ago, a Dutch university's \$325,000 lab-made hamburger was little more than a publicity stunt (and reviews were far from stellar). The researchers, who've since formed Mosa Meat, are now perfecting a far cheaper, tastier version-that could be on your plate in fewer than five years.



#### UNITED STATES

The tight-lipped, venture capitalist-funded Brooklyn firm Modern Meadow is experimenting with incubating cow muscle and skin cells to cultivate, among other things, baked steak chips and a line of cruelty-free leather goods.



One Tel Aviv University lab's secret recipe could put Colonel Sanders to shame: whole. test tube-grown chicken breast. In the next decade, the creators say, they'll have the ability to manipulate fat and muscle content at a cellular level, meaning they can tweak the poultry's juiciness in real time.





31 crazy days. 31 frazzled nights. 2 in-laws. 54 deadlines. 245 parties. 1 month of very little time—or energy—to fit in fitness. Convinced there's 0 percent chance you'll be able to stay sculpted... and sane? We've got 6 mood-lifting, fat-torching routines tailored to your December needs. Now, go finish out 2015 like a boss.

BY JEANINE DETZ



#### How (and Why) It Works

This program boils down to two crucial things. One: Dial back the variety—something people, especially women, tend to OD on. "Your overall intensity and efficiency drop when you're constantly trying to pick up new footwork and movement patterns," says Idalis Velazquez, one of our fave trainers (and a busy mom of two, so she feels you!). "In this plan, you'll build consistency and familiarity by working with the same 12 exercises." (Read: You'll get more out of every workout.) Just grab a pair of dumbbells—or, in one case, your own body weight—and you're good to go.

That leads us to point number two: Add some flexibility where you desperately need it. "You don't have to spend 90 minutes exercising every day to get results," Velazquez explains. "Maximizing every minute should always be the priority." So on the next page, you'll find six different ways to mix and match your go-to moves—ranging from three minutes (ves. three!) to 40. "Each exercise on its own activates several muscle groups, which delivers a greater metabolic challenge." Stringing these moves together into ass-kicking circuits amplifies those fat-blasting benefits. "This type of training builds lean muscle mass while raising your heart rate to burn maximum calories and strengthen your endurance. It's also proven to increase your afterburn so you torch more calories post-workout."

#### It's Totally à la Carte

How you use these workout combinations is entirely up to you: Look to them as a backup plan when your usual schedule goes off the rails (like, say, when you had one too many glasses of champs the night before and snoozed through your morning cycling class); or use them to create a weekly regimen that syncs with your personal schedule (to maintain your current fitness level, aim to check off three to five sessions each week). Want something a little more structured? Perform The Total Package workout twice a week on nonconsecutive days, and then schedule The Quickie, The Cardio Blaster, and The Vacay Blitz over the remaining days for a total of five sweat sessions each week.

#### THE TOTAL PACKAGE

This is your go-to—in just 40 minutes, you'll strengthen every muscle from your shoulders to your calves, while getting your heart rate way up for cardio bennies.

Get it done: You'll need two heavy dumbbells. For each circuit, perform the prescribed number of reps of each move in order; then rest for 60 to 90 seconds and repeat once or twice more. Complete all rounds of the first circuit before doing the second one.





10 reps 10 reps, each side alternating



10 reps 10 reps



12 reps 10 reps



#### THE QUICKIE

When you want the burn of the main workout, but you're short on time, consider this your 20-minute Cliffs Notes. Get it done: Use your heavy weights. Complete six reps of each move (on each side, where applicable) in order; don't rest between exercises. Rest for two minutes, then repeat for a total of four rounds.













### THE CARDIO BLASTER

See ya, dreadmill. This heart-pumping sweat session will crunch more than 200 calories in 24 minutes.

Get it done: Grab a pair of light dumbbells. Following this order, perform each exercise for 40 seconds (alternating sides, where applicable), resting 20 seconds between each move. That's one round. Crank out three rounds, resting for 60 to 90 seconds after each one.













#### THE VACAY BLITZ

Traveling and no dumbbells in sight? No biggie. You can stay sizzling hot using just your body weight. The time invested here is as low as 10 minutes, no more than 25 (depending on your speed).

Get it done: Perform the prescribed number of reps of each move (without weights) in order, then rest 30 seconds and repeat once or twice more. Complete all rounds of the first circuit before doing the second one.

#### **CIRCUIT 1**



alternating

20 reps











10 reps

30 reps,

alternating









10 reps

#### THE ENERGY BOOSTER

Dragging ass lately? Blast through this five-minute, pump-you-up plan before you hit the shower.

Get it done: Using your heavy weights, crank out the recommended reps of each exercise in order, performing as many rounds as possible in five minutes.







10 reps



Perform this first move as instructed, but stand after each rep instead of jumping (a.k.a., a basic squat).

#### + EXTRA CREDIT

Throw another log on that fat-melting fire! When you're feeling good, tack on one of these metabolism-stoking finishers (they'll take you anywhere from 2.5 to 5 minutes) to the end of any weekly workout,

or do both together for a quick body blast.

Get it done: For each bonus routine, perform the recommended number of reps of each exercise in order, as fast as you can, without stopping between moves. Rest for 30 seconds, then repeat the entire round once or twice more.

#### KEY

- **Squat Jump**
- **Squat Thruster**
- Front-Loaded Reverse Lunge
- Single-Leg Deadlift
- Plank Row
- **T-Rotation with Pushup**
- Dumbbell Swing
  - Single-Leg V-Up
- Half-Kneel Curl to Press
- Burpee
- Skater Hop
- Mountain Climber

#### **BONUS 1**





20 reps alternating 20 reps

20 reps

#### **BONUS 2**









20 reps

## Meet the Moves

You probably recognize at least a few of these suckers, but Velazquez has made some tweaks (a kneel here, a balance challenge there) that seriously amp the intensity.



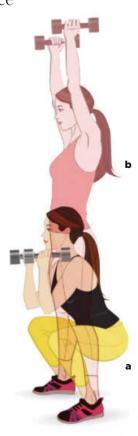
#### Squat Jump

Stand with feet shoulder-width apart and hold a pair of dumbbells, arms by your sides. Sit back into a squat until thighs are nearly parallel to the floor (a), then press through your heels to straighten your legs and jump off the ground (b); immediately lower into the next rep.



#### Squat Thruster

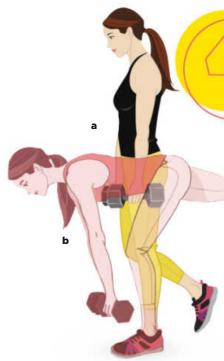
Stand with feet slightly wider than shoulders and toes turned slightly out. Hold a dumbbell in each hand at shoulder height, palms facing each other. Bend knees and sit back until thighs are parallel to floor (a). Push vour pelvis forward as you stand, and extend your arms, pressing the weights overhead (b). Slowly reverse the movement to immediately lower into the next rep.





#### Front-Loaded Reverse Lunge

Standing with feet together, hold a dumbbell in each hand just above your shoulders, palms facing each other (a). Step back with your left foot and bend knees, lowering your body until your front thigh is parallel to the floor (b). Pause, then push through your right heel as you stand, and bring your left foot forward to return to start.



#### Single-Leg Deadlift

Holding a pair of dumbbells, palms facing your thighs, shift your weight onto your left foot, keeping a soft bend

in your knee. Hinge forward from your hips, lowering your torso toward the floor while extending your right leg behind you (b). Slowly reverse the move to return to start, keeping the weight close to your body the entire time. Finish all reps, then switch sides.

## Meet the Moves



### T-Rotation with Pushup

Start in a pushup position, hands shoulder-width apart (a). Bend your elbows to lower your chest toward the floor (b); press back up to start, rotating your body to the left and raising your left arm toward the ceiling (c).

Return to start.

Alternate sides with every rep.



Lie faceup with arms extended overhead (a). In one motion, brace your core and raise your left leg as you reach your right hand toward your left toes (b). Slowly lower leg and arm to return to start; repeat on the other side.



With your feet hip-width apart, sit your hips back and bend your knees, placing your hands on the floor in front of you (a). Jump your feet back into a pushup position (b); quickly reverse the movement, then press through your heels and raise your arms overhead to jump off the ground (c), landing softly.

Burpee



Standing with feet together, bend your knees and push off your left foot to jump to the right, crossing your left leg behind your right and reaching your left hand toward the floor as you land softly on your right foot (a). Quickly push off your right foot and jump to the left, switching your arms and legs (b). Continue hopping back and forth as quickly as possible while maintaining balance and control.





## Worth It—or Total Waste?

Everyone has an opinion on how to "squeeze in" more exercise. We separate the gems from the you-gotta-be-kidding-me's.

#### Deskercise

Worth it. Keep a band at your desk and do 15 reps of a total-body move (like a squat to shoulder press) three times a day, says David Otey, a fitness manager at Equinox Sports Club in NYC. "It will help strengthen muscles in every area of the body and can boost energy and counteract some of the negative effects of sitting."

Walking with Weights Waste. Holding or wearing weights while you stroll stresses your joints and lower back and can throw your spine out of alignment, says fitness expert Leslie Sansone, creator of several walkingbased DVD programs. "The extra calories you burn from the added weight aren't worth the injury risks."

Taking the Stairs

Worth it. One study found that climbing a 15-meter staircase (about four flights) five times a day burns an extra 302 cals for the week. Even if you're not scaling that many steps a day, every flight adds up.

Waste. Merely sitting on a bouncy orb won't get you flatter abs or improve your posture, according to research. Stick with a chair, but stand as often as possible. ■

# Products that Really Bring Relief!

99%Effective in Controlling Symptoms of Rosacea\*

86%Effective in Minimizing the Effects of Psoriasis\*



These products can be found in the First Aid Section of your local pharmacy or online at drugstore.com and amazon.com



#### WHERE TO BUY

#### On the Cover

Nanette Lepore Sailor sweater, \$228, nanettelepore.com

Express ivory feather miniskirt, \$198,

Brooke Corson large plate necklace bcn260, \$820, brookecorson.com Carmen Diaz Jewelry Solar Diamond Jennie Kwon Designs Ball cuff bracelet,

Ron Hami Paradise cuff ring, \$1,800, ronhami.com

#### **Inside Cover**

Milk the Goat Rocker crop top, \$249, milkthegoat

Maje Paille ribbed leggings, \$340, bloomingdales

Joseph Brooks Jewelry Herkimer crystal 2), \$105 each, josephbrooksjewelry.com Suley Jewelry by Barbara Jelleme Tahitian Pearl choker (2, worn as bracelets), \$198 each, suleyiewelry.com

#### **Tick Tock Hot**

Amanda Uprichard Aurora minidress, \$255, shopjustthething.co

House of Harlow 1960 Danielle jaguar clutch, \$99,

**Chaser** furry knit sweater, \$121, chaserbrand

Adam Marc Jewels Chanel ring 37145, \$225, adammarcjewels.com

J.Crew Collection stacked sequin tunic E4789, \$1.200. icrew.com

**M Missoni** lurex dress, \$895, M Missoni boutiques, 305-466-3939 or 212-431-6500

Wyldr Viper sequin dress, \$73, nastygal.com Nicole Miller Collection Crystals Cocktail Dress ca10083, \$440, nicolemiller.com

#### **Not-So-Ugly Sweater Party**

Coco Loves Rome silver Dos Equis ring, \$14,

**Cynthia Rybakoff** wrap bangle (3-layered bangle), \$118, cynthiarybakoff.com

Michael Kors pavé rose-gold-tone ring, \$125,

Roberta Chiarella matchstick earrings, \$34, robertachiarella.com

Suz Somersall Keira link cuff, \$58, suzsomersall

#### 15-Minute Workout: Go with the

Flow

Alo Yoga Goddess bra, \$54, aloyoga.com Live Love Dream tie-dye active leggings, \$22,

#### She's Got Game

Kaelen cropped turtleneck, \$380, kaelennyc.com Mikoh Kapa'a top, \$112, thegirlandthewater.com

**BLQ Basiqs** long-sleeve crop top das131, \$55, revolveclothing.com

Maurie and Eve Theron skirt, \$97, maurieandeve com

By Malene Birger Niala dress, \$450, fwrd.com Giuseppe Zanotti Designs suede bootie, \$995, giuseppezanottidesign.com Page 105

One x Oneteaspoon original knit, \$140, largodrive

Melinda Maria Madison ear jacket (right ear), \$98,

Jennie Kwon Designs long curved bar stud (left ear), \$435, jenniekwondesigns.com Me&Ro hammered medallion pendant, \$2,275, meandrojewelry.com

Zoe Chicco Bezel bar necklace, \$860, and open

chevron ring, \$1,365, zoechicco.com Page 106

Style Stalker Chateau shorts, \$129, stylestalker

Dolce Vita Ileen booties, \$220, dolcevita.com

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Oooh, we feel a party coming on! You hosting? All the cocktail-making info you need—annotated for your entertaining pleasure.

#### **Tools**

Which ones to buy—and what to use in a pinch.

#### Bar spoon

The extra-long handle is clutch when you're making, say, a pitcher of sangria. But a wooden spoon or chopsticks will do too.

#### Muddler

Use this to crush fruits and herbs. Don't have one? Lookin' at you again, wooden spoon.

#### Jigger

This measures your liquors to get the right ratio. Consider it if your recipes have four or more ingredients—if they're simpler, use a one-ounce shot glass.

#### • Cocktail shaker

Expertly mixes drinks (and keeps them icy cold). Or just try a metal water bottle.

#### Strainer

A must-buy. Because no one wants to gag on a chunk of fruit or get herbs stuck in their teeth, right?

SIMPLE AND ELEGANT. PLUS: WHEELS! TERRACE BAR CART, \$400, WESTELM.COM

#### Liquor

Stock up on gin, vodka, and whiskey. They make the largest variety of party favorites—cosmos, Moscow mules, southsides, old-fashioneds, gimlets.
On a strict budget? Stick to vodka. You can go cheap (\$30 tops for a one-liter bottle); unlike with other booze, the cost won't impact the flavor.

Garnishes

Cut lemons and limes into wedges (propped on the rim of a citrus drink to be squeezed at will), wheels (purely decorative atop margs or sangria), or wafer-thin peels (twist 'em in a martini, then dunk in the boozy pool). Oranges and cherries are complementary, so if you're out of the red orbs, add an orange peel to a Manhattan. And if you're missing olives for that martini, grab pickle slices, capers, or pickled onions.

#### **Mixers**

Pre-mixed bottle juices are often loaded with sugar and artificial ingredients. Aim for freshly squeezed. Use seltzer to add volume, not cals. And sub ginger beer for ginger ale; it's less caloric and has a more legit ginger taste.

ALWAYS
HAVE A COUPLE
OF BOTTLES OF
WINE ON YOUR CART.
PINOT NOIR AND
SAUVIGNON BLANC
ARE GENERALLY THE
MOST POPULAR
CHOICES AT

## Champagne coupes Fill 'em with bubbly or drinks served

straight-up. The oldschool shape will catch the booze's aroma—and is just boss to hold.

## Glasses Tumblers + Rocks glasses

Both are ready for any liquor served over ice.

#### Wineglasses

Low on space? White-wine glasses are perfect for red and rosé too. Also for spritzers and tropical cocktails.

Gates Otsuji, chef de bar of The Standard High Line; Jane June, bartender at BKB





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